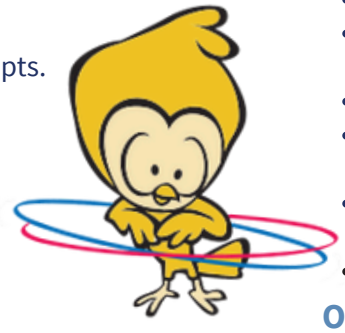
INFANT & CHILD PHYSICAL ACTIVITY

Fun Ideas for Using Play Things **Indoors** and **Outdoors**

HULA HOOPS

Inside:

- Use for target practice (wall, floor, held).
- Play musical hoops.
- Practice motor skills.
- Practice movement concepts.
- Use as personal space or "homebase".
- Use as a steering wheel.
- Play partner games.



Outside:

- Roll and chase them.
- Spin them.
- Twirl them around body parts.
- Use as target practice (tree, fence, held, etc.).

BILIBOS

(dome shaped open-ended toy that encourages imagination and creativity)

Inside:

- Jump off of them.
- Spin them.
- Toss balls or other items into bilibo as a low target.
- Use as stepping stones.
- Use for scooting.

Outside:

- Use as stepping stones.
- Use as a carrying container (individual, partners, small group).
- Connect them to a rope to pull people.
- Connect them to a rope to carry loose parts, water or mud.
- Hang them from trees as a target.
- Do teamwork activities (holding hands, move the hoop around the circle without letting go of hands).
- Use as personal space or "homebase".

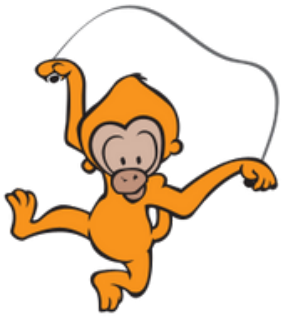
2 PERSON PARACHUTE

Inside:

- Create a tent, cave or fort.
- Use as a target or backstop.
- Use as a ball retriever/return.
- Pretend it is a popcorn maker or pan and make to make food.
- Define a space to perform locomotor movements around.
- Find out how many (stuffed animals, children…) can fit under, around or on the parachute.
- Experiment with light/heavy and big/ little things to bounce on the parachute.
- Use it to practice movement concepts such as levels.

Outside:

- Use it as a sail on a ship.
- Use it to practice movements concepts such as levels.
- Use as a kite to catch the wind.
- Collect loose parts and carry them around.
- Use as a privacy barrier.
- Use as a target or backstop.
- Use it as a ball retriever/return.
- Use as a hammock.
- Use as a sled.
- Create a tent, cave or fort.



JUMP ROPES

Inside:

- Use to hang targets.
- Create shapes (letters, circles, square, body image, etc).
- Place one or more on floor and practice motor skills.
- Suspend off the ground and practice motor skills.
- Practice movement concepts.
- Use it to play limbo.
- Use to hang sheets over to create fort/tent/tunnel.

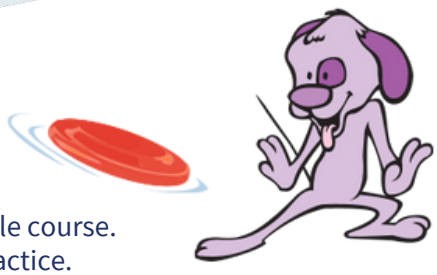
Outside:

- Practice individual or partner jumping.
- Pull other objects.
- Use to hang targets.
- Place one or more on floor to practice motor skills.
- Suspend off the ground and practice motor skills.
- Use it to play limbo.
- Use to hang sheets over to create fort/tent/tunnel.

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FRISBEES



Inside:

- Create an obstacle course.
- Use for target practice.
- Secure to shoes and use as skates to practice sliding.
- Secure to hands and use as paddles.
- Secure to rope and use as moving target.
- Use as personal space or “homebase” markers.
- Use for treasure hunts or relays.
- Use as a steering wheel.
- Balance on body parts.
- Use as stepping stones, lily pads, etc.

Outside:

- Throw and chase.
- Hang from trees as targets (can add bells for auditory reinforcement).
- Carry water, sand or mud.
- Use as water skis.
- Use for treasure hunts or relays.
- Roll, spin or flip them.
- Use as steering wheel.
- Secure to sticks to use as long handled paddle.

FOAM POOL NOODLES

Inside:

- Secure to the ground and use as balance beams (may need to assist the children).
- Secure to the floor to practice motor skills.
- Suspend off the ground to practice motor skills.
- Practice movement concepts.
- Use to pull objects.
- Use as weights and lift them like you are exercising.
- Use it to play limbo.
- Cut them into small pieces and practice motor skills.
- Cut them in half and use them like drum sticks.
- Use them to hang sheets over to create fort/tent/tunnel.



Outside:

- Use them as hurdles to jump over.
- Use them to practice striking objects (stationary, suspended, tossed).
- Have a pirate sword battle.
- Use as paddles on a boat and row.
- Use to build forts.
- Use it to play limbo.
- Ride them like a horse.
- Throw them like a javelin in the Olympics.
- If hollow, use them like a hose to pour water.
- If hollow, put a rope through them and use as boundaries, hang sheets from, balance on and move.

SCARVES

Inside:

- Use them to practice motor skills.
- Suspend off ground and practice motor skills.
- Practice movement concept.
- Play peek-a-boo.
- Use as puppets.
- Use them for directed movement during storytime.
- Use as spot markers.
- Create a scarf rope.
- Play throw and chase.
- Use to practice rhythm.

Outside:

- Use them to practice motor skills.
- Practice movement concepts.
- Tie them to a pole or tree as a spot marker or target.
- Use them as a flag.
- Play tag with them.
- Use them for directed movement or as a signal.
- Collect and carry loose parts in them.
- Suspend off the ground and practice motor skills.
- Practice pre-juggling skills.
- Tie them to a tree or pole and have a scavenger hunt.
- Create a scarf rope with them.
- Tie them to a fence for art

Tips:

- **Be cautious** when using equipment as floor markers. Some will pose a slip hazard. Use proper supervision to ensure safety, but allow for creativity, risk, and exploration.
- **Movement concepts** include body awareness, space awareness, effort awareness, and relationship (examples; directions, pathways, speeds, levels).
- **Motor skills** include locomotor, manipulative, non-locomotor skills (examples: throwing, catching, kicking, striking, creeping, crawling, jumping, running).

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