



## Beckton & Royal Docks Children's Centre Tip Sheet

### Physical Activity-Let's Get Moving!

We all know that physical activity is important for maintaining a healthy weight but being active has lots of other benefits too! It can help strengthen muscles and bones, develop movement and co-ordination and improve learning and social skills. Every day children under 5 need to be active for at least 3 hours spread across the day. Why not try out this fun activity and then let us know

how you get on, email:

[childrens.centre@ellenwilkinson.newham.sch.uk](mailto:childrens.centre@ellenwilkinson.newham.sch.uk)

### Animal Antics

Move around the room making animal sounds and movements.  
Waddle like a penguin, jump like kangaroo or hop like a frog!  
What other animals can you think of?

Rap your wings and fly like a bird around the house one time. 	How long can you stand on one foot like a flamingo? 
Crab walk across a room. 	Hop like a bunny 20 times. 
Waddle like a duck for 2 minutes. 	Stomp like an elephant for 1 minute. 
Leap like a frog 15 times. 	Slither across a room like a snake. 

Follow these links to find more fun ways to keep active!

<https://www.bbc.co.uk/cbeebies/curations/get-active>

<https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6j2UA>

<https://ukactivekids.com/movecrew/>

