



## Introduction to Movement and Balance

*Welcome to our exciting journey of exploring movement and balance through playful games! This pack is designed to introduce you to the wonderful world of physical activity, where you will learn to move, balance, and have fun while doing it.*

## Activity 1: Animal Moves

*Can you move like different animals? Try these movements:*

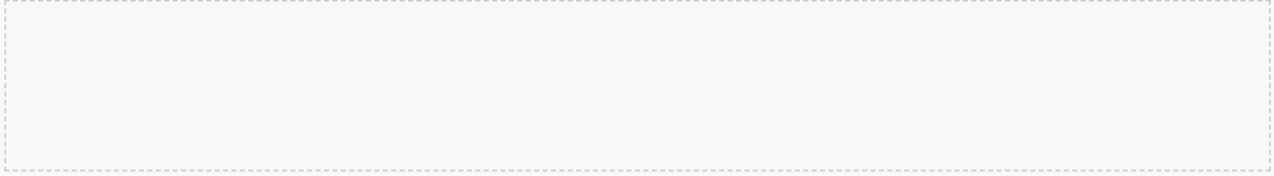
1. Crawl like a bear
2. Jump like a frog
3. Hop like a bunny

*Draw a picture of your favorite animal move.*

## Activity 2: Balance Challenge

*Can you balance on one foot? Try these challenges:*

1. Stand on one foot for 10 seconds
2. Walk along a straight line
3. Balance on a balance beam

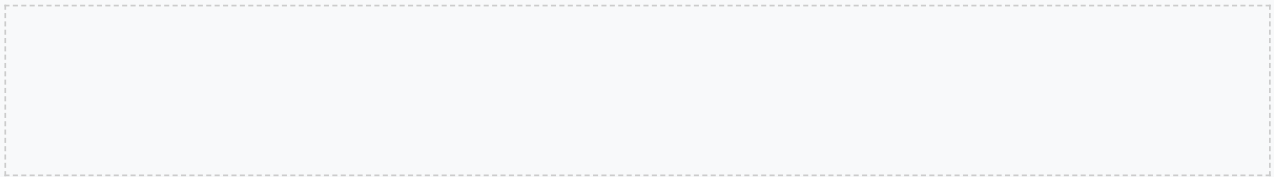


*Ask a friend or family member to time you and cheer you on!*

## Activity 3: Movement Patterns

*Can you create a movement pattern? Try these steps:*

1. Clap your hands
2. Stomp your feet
3. Jump up and down

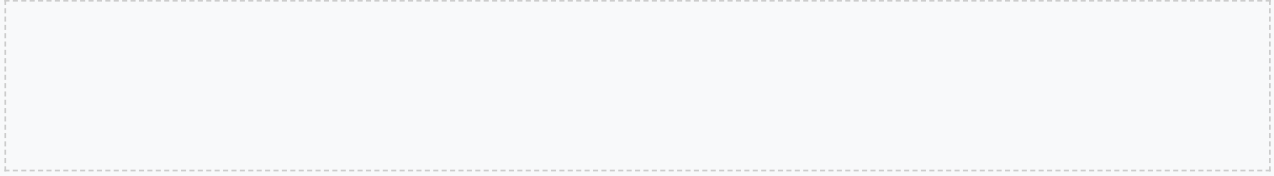


*Create your own movement pattern using different body parts.*

#### Activity 4: Obstacle Course

*Can you navigate an obstacle course? Try these challenges:*

1. Crawl through a tunnel
2. Jump over a hurdle
3. Balance on one foot

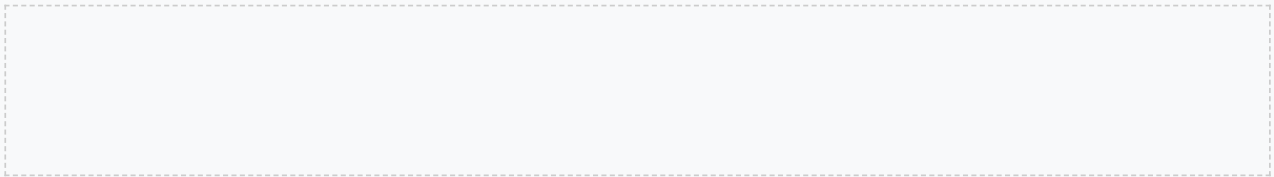


*Ask a friend or family member to help you set up the course.*

#### Activity 5: Freeze Dance

*Can you freeze in place? Try these steps:*

1. Dance to your favorite music
2. Freeze in place when the music stops
3. Hold your position for 10 seconds



*Ask a friend or family member to play the music and cheer you on!*

## Conclusion

---

*Congratulations on completing our movement and balance activities! Remember to always have fun and try new things. Keep practicing and you will become a superstar of movement and balance!*

## Glossary

---

*Here are some important words to remember:*

- Movement: The act of changing position or location
- Balance: The ability to maintain control and stability
- Coordination: The ability to use different parts of the body together

## Parent Engagement

*We encourage you to participate in these activities with your child and provide feedback and support. Ask your child to teach you their favorite movement or balance activity!*

## Safety Reminder

*Always remember to play safely and follow the rules. Make sure to warm up before playing and cool down afterwards. Ask a friend or family member to supervise you during play.*

## Assessment

---

*Use the following questions to assess your child's understanding:*

1. What is movement?
2. What is balance?
3. Can you give an example of a movement pattern?
4. Can you demonstrate a balance challenge?

## Extension Activities

---

*Try these additional activities to further develop your movement and balance skills:*

- Create a new obstacle course
- Invent a new movement pattern
- Play a game of "Simon Says" to practice following instructions

