

## 13 tips for supporting physical activities indoors at nursery

**We believe physical activity is extremely important for young children.**

Not only does it help to develop balance, coordination, gross and fine motor skills, but it also helps children to develop their confidence and social skills.

Here are some top tips for supporting children's physical play indoors.

### Top tips

1. Create an environment that encourages lots of time and space for energetic and noisy play
2. Engage children in movement by singing rhymes and using actions. Stretch out body parts and sing songs such as 'Heads and Shoulders' and 'Row Your Boat'
3. Play games that involve moving and stopping, such as musical statues or musical bumps
4. Dance using any music, as all movement is fun!  
Discuss the differences between slow and fast paces or styles of dancing can be different. Plan movement and music sessions with instruments, scarfs and streamers where children can move freely to music
5. Build a tall tower with bricks or blocks. Encourage children to build a taller tower each time by using their tiptoes and stretching their arms. Try using a timer to see how fast the tower can be built or how fast children can pick up the bricks or blocks every time they fall down
6. Throw softballs or rolled-up socks into a washing basket. Move the basket further and further away each time. This is a great activity for hand-eye coordination too
7. Organise a hula hoop challenge with families at home and record how many times children can keep it up or jump in and out of it
8. Create a specific movement corner where gross motor play can safely take place indoors
9. Adapt or create spaces to ensure all children can move safely and with confidence
10. Provide a range of construction resources of different weights, shapes and sizes
11. Supply materials to create enclosed spaces such as large cardboard boxes, poles, pegs and fabric
12. Offer lots of items and a range of resources for filling and emptying.

