

Tuesday

Millie

gets moving

Be physically active

Resources

- ★ Clear floor space, or ideally an outdoor area.

Activity Outline

- ★ **Millie's problem.** Millie has been in the same spot all day. Her legs feel funny, her arms won't stretch, she's fed up of sitting. Ask the children what she should do. They might suggest jumping, running, dancing, going on the slide, riding a bike etc.
- ★ **Feel your resting heartbeat.** Before any movement, everyone sits very still, with their hands flat on their chests. Ask, "Can you feel a little tapping? That's your heart, and it never stops, even when you're asleep." Ask them to make a fist and tell them, "Your heart is about that big, and it's a muscle, just like the ones in your arms"
- ★ **Show Millie how we move.** Children lead and show Millie how they like to move. Millie and adults copy the children's suggestions. Run on the spot, jump like a frog, stomp like an elephant, spin, gallop, march, climb, wiggle. Pass Millie round so she can join in and move with individual children. Two or three minutes of vigorous movement is what's required here
- ★ **Stop suddenly.** Ask the children to put their hands on their chests again. What's different? It's banging! It's fast! Encourage them to notice the other changes too, such as puffing of the breath, warm skin, pink cheeks. Explain that when we move fast, our muscles need more food and air, so our heart pumps quicker to send blood rushing round to deliver it
- ★ **Slow it down.** Big slow breaths, gentle stretches, lying on backs. Hands on chests one last time. The beat is calming down again. Your heart knows exactly what you need.



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Millie has been sitting still since she arrived yesterday and she's beginning to feel stiff, so today the children are going to teach her some ways to move. Along the way they'll focus on something remarkable – a heart beating away inside their own chest, working harder the faster they run and move. We all know that the healthiest children are the ones who are free to run, climb and take managed risks, with confident adults nearby to support them.

Important:

Activities with children must always be risk assessed.



Extension ideas

- ★ Invite the children to design and create an obstacle course for Millie to complete.



Top tip



Double check

Check the first aid kit that you take on outings, ensure items are in date and replenish what's been used.

