

Outdoors and Active

Top Ten Ways To This Weekend

1. **Run!** Children love to rush – so let them. The best way to learn how to run without falling (or to fall ‘safely’) is to keep trying! Why not be a **superhero**? Make a cape from an old sheet and fly through the streets and green spaces of Newham.
2. Allow a little extra time for your journeys so that children can **scoot** to the shops, school or the park.
3. Lift smaller children up in your arms and **swing or rock** them from side to side; use rhymes and songs to maintain a rhythm.
4. On an icy day, **skid** along the frozen puddles. Learning how to manage slippery surfaces takes practice, so be ready with a hug to mend bumped bottoms!
5. Encourage vigorous whooshing on the **spring toys** at the park. How far can you bend backwards and forwards?
6. **Sprint** up and down mounds and slopes, stopping and starting to the sound of a whistle, clap or ringtone.
7. Find a flight of steps and **leap** from the lowest step; dash back up, then leap from the next step up, then the next one. How far can you leap?
8. Swings and zip wires are also great for whooshing. Could you make a simple **rope swing** from a sturdy, strong tree branch?
9. **Slide** – at the park, down the stairs, along a railing, along a plastic sheet with watery washing up liquid on it...
10. Whoosh with **friends**. Children are more physically active, and for longer, when they play outdoors with their friends.

Boing Whoosh RolyPoly was devised by Jasmine Pasch – Whoosh is about moving to and fro.