

Ready to Move!

Ideas to build movement competence and confidence in children aged 5-8 and their families.



Let's help the children we care about gain all the benefits of a healthy, active lifestyle while supporting their physical literacy. Try these active ideas in spaces and with objects found in and around the home. Want more ideas to get kids moving? Check out the **Ready to Move!** video.



With Socks

Kids can...

- **Roll** a balled pair of socks at books or felt pens standing on end (like bowling).
- **Juggle** balled socks with hands or feet.

Families can...

- **Dodge** other family members as they try to remove a sock tucked into the waist of pants (like flag football).
- **Throw** balled socks at other family members (like a sock fight).



With a Tree

Kids can...

- **Climb** up and down.
- **Hang** from a branch.
- **Hit** or **strike** a ball hanging from a branch with a stick or bat.

Families can...

- **Throw** or **kick** or **strike** an object at a tree (like disc golf or croquet).
- **Kick** or **throw** a ball around or over a tree.



In the Kitchen

Kids can...

- **Strike** a balloon with a wooden spoon (or hand, or foot) to keep it in the air.
- **Crawl** over and under chairs.

Families can...

- **Spin** and **turn** on two feet (or one foot, or knees, or butt) while having a dance party.
- **Throw** and **Catch** groceries while putting them away or preparing a meal.



With a Couch

Kids can...

- **Roll** onto or off of the couch in different ways.
- **Walk** feet up the sides or back of the couch while supporting weight on hands.
- **Jump** off the couch and **land** on two feet. Try making shapes in the air before landing.

Families can...

- **Balance** on butt (or knees, or back, or one foot) while on the couch.
- **Walk** or **Climb** or **jump** while **balancing** a couch cushion or pillow on their head.
- **Crawl** inside a fort built with couch cushions, pillows, and blankets.



In the Snow

Kids can...

- **Climb** big snow hills created by a plow.
- **Throw** sticks along a snow snake track. To build a track, create a relatively flat and long contained area in the snow or build an elevated starting area that slopes downward. Throw a stick along the track so it slides as far as possible. Try adding jumps or snow barriers along the track.

Families can...

- **Run** on tracks in the snow while playing fox and geese. First, walk in freshly fallen snow to create a large circle with footprints. Then walk across the circle from 2-3 different points to create "spokes" across the wheel. One person is the fox or the tagger, who tries to tag the geese or all other players. Everyone must remain on the circle and spoke tracks created in the snow. When tagged, switch roles.
- **Throw** snowballs at a target created by each family member.