

# move to improve

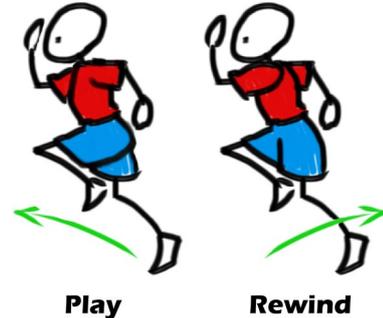
These move to improve activity guidelines are designed to be used in conjunction with the move to improve website. Please go to [www.movetoimprove.org.uk](http://www.movetoimprove.org.uk) for full guidelines and information for parents and carers.

## Remote control



Suitable for:

- 1 or more players
- Outdoor or large indoor area
- Main skills: Running
- Age appropriate: 3-7years



## Make it happen

- Imagine you have a magic remote control that you can use to operate your children (let them have a turn using it on you as well).
- Give them a movement style or theme to follow and then call out the buttons you are pretending to press. As you press each button, they have to match their movement to it.  
*Some ideas for buttons: Play, Fast Forward, Pause, Rewind, Slow motion, Single frame advance, Stop, Eject*
- Every time you call out 'Change the channel to...' then pick a new movement for them to perform while you operate the remote control.  
*Some ideas for movements: running, skipping, leaping, galloping, sidestepping, marching, dancing, freestyle movement, etc.*

## Make it safe

*We provide this list only as a guide of what parents/carers may wish to consider. Please also read our general guidelines on the **Parents/carers information** page.*

- Make sure the space you have available is appropriate for the number of children you have playing to move around independently. You could consider making them take turns (e.g. some are on pause, while others are moving).
- The children can tend to get over-excited when playing this activity (especially when the fast forward button is used). Keep reminding them to control their speed and direction and constantly watch out for others to avoid collisions.
- Use the remote control tactically to control their movement and excitement levels.

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Please see our sections below to help you make more of this activity and keep your children coming back to it over time.

## Make it fun

- Think of some themes for programmes/films you can watch and then channel hop between them. Every time you switch channels the children have to perform the new theme. Don't forget to use the other buttons while you watch (fast forward, rewind, etc).
- *Some ideas for themes: nature programme (birds flying, animals grazing, hunting, bugs crawling), action film, space adventure, talent show, dance show, cooking programme, sports channel.*
- **Leaper's theme:** Follow Frisbee the penguin around the Antarctic as she waddles across the ice, huddles together for warmth, dives into the water, swims for fish, flaps her wings as she scrambles up the ice.
- You may need to narrate all the actions to give younger children ideas of what to do, or encourage them to copy any appropriate actions the older children are doing.

*Please also read our general guidelines on the **Parents/carers information** page.*

## Make it a challenge

- Let the children pick their own theme programme to perform - can anyone guess what the programme is?
- Run a competition for the most imaginative programme.
- How many different programmes can be mimed in 1 minute? (Don't forget to use the other controls; fast forward, rewind, etc.)
- When using the Pause button have a competition to see who is the first person to freeze in their position?
- Who is the best at moving in slow motion?

*Please also read our general guidelines on the **Parents/carers information** page.*

## Make your equipment suitable

- Always make sure whatever equipment you are using is safe and appropriate for that use.
- Take the batteries out of a real TV remote control and have some fun pretending to use it.
- Pick a random object – how can it safely be incorporated as a prop related to the programme being performed? *E.g. a beanbag could be a fish for Frisbee to catch.*

*Please also read our general guidelines on the **Parents/carers information** page.*

## Make it more energetic

- You can set different movement types for different children, appropriate to their age and ability. Weight bearing exercises that involve jumping and hopping or vigorous movement such as running will require more energy than walking or skipping.
- Add extra buttons for more extreme movements, *e.g. Lift off, Crouch, Crawl, Star jump, etc.*

*Please also read our general guidelines on the **Parents/carers information** page.*

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This **move to improve** resource is provided as a guideline only for parents and carers who wish to supervise physical activities for their children.

Users of this resource have a duty of care to ensure the safety of their participants. We do not endorse the use of any content in this resource that a user feels may present a risk to the safety or well being of the children in their care. Please refer to [www.movetoimprove.org.uk](http://www.movetoimprove.org.uk) for more details.

