

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 for full guidelines and information for parents and carers.

Handwall



Suitable for:

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



Make it happen

- You can make a hand speed wall using a blank space on the wall or a closed door with stickers or pieces of paper stuck on with blue tac (you can use stickers that are designed to be peeled off and re-applied).
- If you have an outdoor wall or fence you can consider using chalk to mark out shapes.
- Place stickers at different heights (high, low, medium), either in rows or randomly spaced.
- You can use the wall as part of some interval exercises. Run each interval for a set time period (e.g. 30 seconds)
- For the first 30 second interval, call out different stickers on the wall to touch at different heights and left or right. Children can reach overhead on tiptoes to touch the highest and crouch down to reach the lowest.
- Every 30 seconds they should alternate between the wall and another exercise. E.g. 1. wall, 2. higher energy activity, 3. wall, 4. lower energy activity. See below for ideas.

Some ideas:

Higher energy

Indoors - star jumps, lie on belly/jump up in the air, two footed jumps forwards/backwards/side to side

Outdoors – run some laps, skip with a skipping rope, hop-scotch up and down a line.

Lower energy

Indoors - marching on the spot, dancing, balancing on one leg or with feet together and trying to find lean out in different directions

Outdoors - bouncing and catching a ball on the ground, alternate galloping and walking some laps, tightrope walking along a line

- Try to make the total exercise time for each child at least 10 minutes. If you have more than one child then one could be on the wall while the others rotate through the other activities.

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.*

- Ensure that the movement the children are performing is suitable for the space you have available.
- Make sure the time interval you are setting is appropriate for the level of each child.
- It may be necessary to have different time intervals for different activities e.g. shorter for higher energy and longer for lower energy activities.
- If you have stickers set up on different walls (see **Make it more energetic**) then ensure the activity area between all the walls is clear of any obstructions (including people).

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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

- Stickers could be different shapes or colours or could have pictures on them such as Superheroes, cartoon characters, countries, animals, etc. See **Make your equipment suitable** below for ideas to make your own stickers.
- See if you can link the stickers to the other activities.
Some ideas: Superheroes. Call out different stickers on the wall: Hulk, Spiderman, Wonder-woman, Batman. Then for the next 30 seconds tell them to chase some jewel thieves around the garden.
- See if you can relate any equipment to the theme you may be using. *Some ideas: if the stickers have a seaside theme, then a balloon could be a beach ball, a towel laid out on the ground could be a surf board to balance on.*
- **Leaper's theme:** If you have animal stickers then Swingy the gibbon takes us on a tour around Africa. Touch the stickers, e.g. giraffe, zebra, lion, rhino, snake; then the children move around the activity area pretending to swing on vines, jump into lakes, climb trees, walk along branches, etc.

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

Make it a challenge

- For a coordination challenge you could get them to use their feet to touch the bottom stickers and their hands for the top and middle ones.
- Count how many stickers each child can touch within the time period, see if they can beat their own scores.
- How long does it take them to complete a sequence of the stickers? *Some ideas: touch every sticker in each row from top to bottom with both hands; or touch one from the top, one from the middle, one from the bottom, then back to top, middle, bottom, etc.*

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

Make your equipment suitable

- If you don't have peel-able stickers then you could buy normal stickers and stick them to cut out pieces of blank card or paper. Put blue tac on the pieces of card/paper and apply them to the wall.
- You print out pictures from the internet and cut them out and apply with blue tac.

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

Make it more energetic

- Add in more rows of stickers and place some high enough that the children will need to jump up to touch them, and spread some out so the children have to move sideways back and forth along the wall or really stretch wide with their arms.
- Increase the speed you call out the different stickers so that it's a challenge for the children to react.
- For 5-7yrs you could call out which hand to use e.g. left red, right blue, left yellow, etc.
- Have different stickers on different walls in the activity area so that they need to move around quickly to different places (you can tell them different ways to move; e.g. running, hopping, crawling, skipping, walking with a beanbag on their heads, etc). See **Make it safe** above.

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.

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