

Learning together...

Curriculum Area: Movement

Recommended for: 2 Years plus

Learning Activity: Ring a Ring a Rosie

Big Idea:

Muscle Development

What to do:

Hold your child or baby chest to chest, spinning in a circle as you sing, *'Ring-a-ring-a-rosie, a pocketful of posies, a tissue, a tissue...'*

Now lower yourself so that your child is dipped upside down while singing the last line, *'...we all fall down'*.

Benefits:

Spinning and going upside down provides vestibular input to the body, which supports balance and coordination, as well as strengthening of muscles, including those in the eyes.

Links to Early years learning Framework:

Outcome 1.1: Children feel safe, secure and supported

Outcome 1.2: Children develop their emerging autonomy, inter-dependence, resilience and sense of agency.

Outcome 3.2: Children take increasing responsibility for their own health and physical wellbeing

Outcome 4.2: Children develop a range of skills and processes such as problem-solving, inquiry, experimentation, hypothesising, researching and investigating.



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