

# Kinder Moves

## Physical Activity for 3-5 year old children

### What is Kinder Moves

Kinder Moves is a series of fun themed physical activity sessions specifically designed for 3-5 year olds. The sessions are 30-40 minutes and involve various activities to assist children to:

- Participate in structured physical activity
- Experience being a member of a group
- Socially interact with their peers
- Practice hand eye coordination based skills
- Learn and practice ball handling skills like throwing, catching, rolling
- Gain experience at using a wide range of activity equipment
- Practice listening and concentration skills
- Express their imagination through participation in physical activities
- Practice balance skills
- Experience new bodily movements through stretching
- Eat a healthy fruit based snack

### Kinder Moves Themes

Each Kinder Moves session follows a specific theme that is repeated for 2-3 weeks in a row to provide children with a sense of familiarity and confidence before introducing new activities.

The Kinder Moves themes are:

- Nursery Rhymes Program
- Magical Circus Program
- Stop And Go Program
- Colours Program
- Animal Program
- Alphabet Program
- Numbers Program
- Fishy Business Program
- Winter Time Program
- Summer Fun Program

### Kinder Moves Activities

Each Kinder Moves session includes the following format of activities:

- **Warm Up activity** – a fun activity to introduce the theme and warm up the bodies in preparation for the session
- **Cardiovascular activity** – involving gross motor/locomotor movements
- **Skill Based activity** – involving hand/eye coordination, throwing, catching, kicking, and/or general ball handling skills
- **Fun game** – a fun game for the children involving physical activity often incorporating the play parachute, balloons or other fun equipment
- **Balance/Stretch** – a few movements that introduce the idea of stretching and/or allow an opportunity to practice balancing

### Kinder Moves Instructors

Instructors of Kinder Moves must complete the Kinder Moves Accreditation course which involves learning about early childhood development (physical, social and emotional), communication skills for this age group, principles of physical activity for 3-5 year olds, management and administrative requirements for conducting the program and all the activities within the initial 10 fun themed sessions (plus they gain all the equipment required). Instructors also have the Certificate III in Fitness and often also have Mini Moves Accreditation (physical activity for 5-12 year olds). Instructors also have current first aid qualifications and have undertaken a police history check.

*For more information contact Kristin on 9596 5533 or email [kristin@fitnation.com.au](mailto:kristin@fitnation.com.au)*