

Movement:

Around the World Circuit



Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to move and balance their own body.

Materials Needed:

- ▶ None

Participants:

This activity is intended for independent play or adult/child interaction.

Directions:

Do each of the exercises below 10 times to complete the Around the World Circuit. Invite a family member to exercise with you, maybe even put on some lively music and have fun together!

See below for example photos of the circuit.

- ▶ **Jump rope** – Pretend you have a jump rope in your hand and jump. Repeat for 10 repetitions.
- ▶ **Squats** – Stand with your feet a little apart, bend your knees like you are going to sit down and then come back up. Repeat for 10 repetitions.
- ▶ **Mummy kicks** – Keep legs and arms straight and lift one up at a time and touch the opposite hand to foot, example: right hand to left foot. Repeat 5 times each side.
- ▶ **Jumping Jacks** – Stand with your feet together and hands at your side. Jump your feet apart with arms up in a “V” and return to first position. Repeat for 10 repetitions.
- ▶ **Run in Place** – Run as fast as you can for a count of 10.

Repeat throughout the day to strengthen your body!



← Jump Rope

Pretend you have a jump rope in your hand and jump.
Repeat for 10.

Mummy Kicks →

Keep legs and arms straight and lift one up at a time and touch the opposite hand to foot, ex: right hand to left foot.

Repeat 5 times each side.



← Jumping Jacks

Stand with your feet together and hands at side.

Jump your feet apart with arms up in a “V” and return to first position.

Repeat for 10.

Squats →

Stand with your feet a little apart, bend your knees like you are going to sit down and then come back up.

Repeat for 10.



Bright Horizons.

World at Home