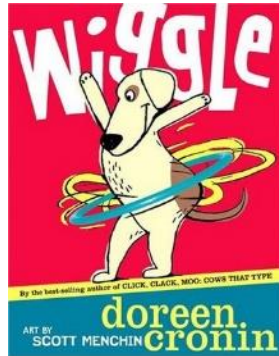


# Tinies Time Physical Activity Kit Contains

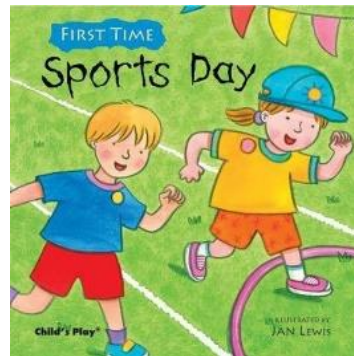
## Books



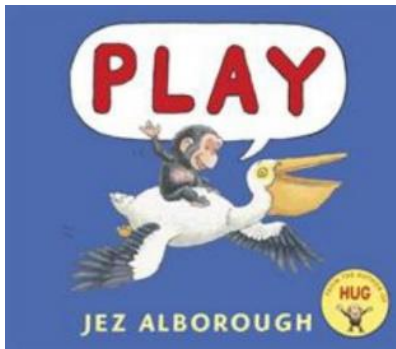
From Head to Toe  
by Eric Carle



Wiggle by Doreen  
Cronin



Sports Day by Jan Lewis



Play by Jez  
Alborough

## Songs and Rhymes

- All Of Me
- Can You Walk on Two Legs?
- Hands Upon My Head
- Heads, Shoulders, Knees and Toes
- Hokey Pokey
- I'm a Little Teapot
- Monkey See
- My Body
- Put Your Hands Up High
- Red Light
- Rock a Bye Your Bear
- Shake Your Sillies Out
- The Body Parts Song
- The Wiggle Song

## Activities



- FROG JUMPS**  
Hop, hop, back and forth like a frog
- BEAR WALK**  
Hands & feet on the floor, hips high - walk left and right
- GORILLA SHUFFLE**  
Sink into a low sumo squat, with hands on the floor, shuffle around the room.
- STARFISH JUMPS**  
Jumping jacks as fast as you can, with arms and legs spread wide.
- CHEETAH RUN**  
Run in place, as FAST as you can! Just like the fastest animal in the Sahara.
- CRAB CRAWL**  
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.
- ELEPHANT STOMPS**  
March in place lifting your knees as high as you can and stomping the ground as hard as you can!

- A** Clomp your arms 10 TIMES like an ALLIGATOR
- B** Bounce up and down 15 times
- C** CLAP your hands above your head 10 times
- D** DANCE around like a MONKEY for 2 minutes
- E** Pretend you are an ELEPHANT for 20 seconds
- F** FLAP your arms like a bird 20 times
- G** GALLOP like a horse for a minute
- H** HOP like a bunny 20 times
- I** 10 Jumping Jacks and high as possible
- J** JUMP on one foot for the count of 10 then switch feet and jump 10 more times
- K** 10 Side KICKS on each leg
- L** Squat down and JUMP up high 10 times
- M** Shake your HIPS side to side for the count of 15
- N** 10 TOE touches
- O** Pretend you are an OCTOPUS and swing your arms around for 5 seconds
- P** 15 AIR Punches
- Q** Stretch up high to the sky and then touch the floor 10 times
- R** Jump like a FROG 10 times
- S** Skip for 20 seconds
- T** Go up on your tip toes and back down 10 times
- U** 20 Elbow to your Knee touches
- V** Put your hands on your hips and twist left to right 10 times
- W** WIGGLE all over for 10 seconds
- X** MARCH like a soldier for 30 Seconds
- Y** Kick back like a DONKEY 10 times on each leg
- Z** Jump with your feet together 10 jumps forward

# Songs and Rhymes

## **ALL OF ME**

My hands are for clapping.  
My arms can hug tight.  
My fingers can snap, or turn on a light.  
My legs are for jumping.  
My eyes help me to see.  
This is my body.  
And I love all of me!

## **CAN YOU WALK ON 2 LEGS?**

Can you walk on 2 legs, 2 legs, 2 legs?  
Can you walk on 2 legs, round and round and round?

I can walk on 2 legs, 2 legs, 2 legs.  
I can walk on 2 legs, round and round and round.

Can you hop on 1 leg, 1 leg, 1 leg?  
Can you hop on 1 leg, round and round and round?

I can hop on 1 leg, 1 leg, 1 leg.  
I can hop on 1 leg, round and round and round.

Can you wave with one hand, one hand, one hand?  
Can you wave with one hand, round and round and round?

I can wave with one hand, one hand, one hand.  
I can wave with one hand, round and round and round.

Can you wave with two hands, two hands, two hands?  
Can you wave with two hands, round and round and round?

I can wave with two hands, two hands, two hands.  
I can wave with two hands, round and round and round.

Reference song: <https://www.youtube.com/watch?v=E-lkJKS3q1M&list=UUIVzJJSNnUetB-bpHzPKcyQ&index=7>

## **HANDS UPON MY HEAD**

My hands upon my head I place,  
upon my shoulders,  
on my face.  
At my waist,  
and by my side,  
and then behind me they will hide.  
Then I will raise them way up high,

and make my fingers fly, fly, fly,  
and clap, clap, clap,  
and one, two, three,  
to see how quiet they can be.

Reference song: <https://youtu.be/B98mJAqaiWY>

### **HEADS, SHOULDERS, KNEES AND TOES**

Heads, shoulders, knees and toes,  
knees and toes.  
Heads, shoulders, knees and toes,  
knees and toes.  
And eyes and ears and mouth and nose.  
Heads, shoulders, knees and toes,  
knees and toes.

### **HOKEY POKEY**

You put your right foot in,  
You take your right foot out.  
You put your right foot in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your left foot in,  
You take your left foot out.  
You put your left foot in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your right arm in,  
You take your right arm out.  
You put your right arm in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your left arm in,  
You take your left arm out.  
You put your left arm and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your head in,  
You take your head out.  
You put your head in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your knees in,  
You take your knees out.  
You put your knees in and you shake it all about.

You do the hokey pokey and turn around,  
That's what it's all about.

You put your elbows in,  
You take your elbows out.  
You put your elbows in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your whole self in,  
You take your whole self out.  
You put your whole self in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

*Reference song: <https://www.youtube.com/watch?v=iZinb6rVozc>*

### **I'M A LITTLE TEAPOT**

I'm a little teapot,  
short and stout.  
Here is my handle.  
Here is my spout!  
When I get all steamed up then I shout,  
"Tip me over, pour me out!"

*Reference song: <https://youtu.be/DibjyhN6TC8>*

### **MONKEY SEE**

Monkey see, monkey do.  
Little monkey at the zoo.  
Monkey, monkey in the tree;  
Can you jump, just like me?

Monkey see, monkey do.  
Little monkey at the zoo.  
Monkey, monkey in the tree;  
Can you balance on one foot, just like me?

Monkey see, monkey do.  
Little monkey at the zoo.  
Monkey, monkey in the tree;  
Can you reach up high, just like me?

Monkey see, monkey do.  
Little monkey at the zoo.  
Monkey, monkey in the tree;  
Can you touch your toes, just like me?

Monkey see, monkey do.  
Little monkey at the zoo.

Monkey, monkey in the tree;  
Can you sit down, just like me?

### **MY BODY**

*To the tune of 'The Wheels on the Bus'*

The heart in my body,  
it helps me live.  
Helps me live, helps me live.  
The heart in my body,  
it helps me live.  
In the wonderful world around me.

The lungs in my body,  
they help me breathe.  
Help me breathe, help me breathe.  
The lungs in my body,  
they help me breathe.  
In the wonderful world around me.

The brain in my head,  
it helps me think.  
Helps me think, helps me think.  
The brain in my head,  
it helps me think.  
In the wonderful world around me.

The bones in my body,  
they help me move.  
Help me move, help me move.  
The bones in my body,  
they help me move.  
In the wonderful world around me.

### **PUT YOUR HANDS UP HIGH**

*To the tune of 'Do Your Ears Hang Low'*

Put your hands up high.  
Put your hands down low.  
Put your hands in the middle and wiggle just so.  
Put your elbows in the front.  
Put your elbows in the back.  
Put your elbows to the side and quack quack quack.

Put your hands up high.  
Put your hands down low.  
Put your hands in the middle and wiggle just so.  
Put your elbows in the front.  
Put your elbows in the back.  
Put your elbows to the side and quack quack quack.

Reference song: [https://www.youtube.com/watch?v=cUBjey7\\_GMA](https://www.youtube.com/watch?v=cUBjey7_GMA)

### **RED LIGHT**

*Have a traffic light to hold up.*

*Can also be used in conjunction with dice activity.*

*Below are examples of verses. Children can choose the action that is performed.*

Running, running, running,  
running on the spot.

Oh we see a red light!  
Now we have to stop.

Jumping, jumping, jumping,  
jumping on the spot.

Oh we see a red light!  
Now we have to stop.

Walking, walking, walking,  
walking on the spot.

Oh we see a red light!  
Now we have to stop.

Dancing, dancing, dancing,  
dancing on the spot.

Oh we see a red light!  
Now we have to stop.

Stretching, stretching, stretching,  
stretching on the spot.

Oh we see a red light!  
Now we have to stop.

### **ROCK A BYE YOUR BEAR**

Everybody clap (clap 3 times).

Everybody sing (la la la la la).

Bow to your partner (bow),  
and then you turn around (turn).

Hands in the air (hands up),  
rock a bye your bear (rock teddy).

Bear's now asleep (sleep motion),  
shh shh shh.

Bear's now asleep (sleep motion),  
shh shh shh.

Everybody clap (clap 3 times).

Everybody sing (la la la la la).

Bow to your partner (bow),  
and then you turn around (turn).

Hands in the air (hands up),  
rock a bye your bear (rock teddy).

Bear's now asleep (sleep motion),  
shh shh shh.  
Bear's now asleep (sleep motion),  
shh shh shh.

*Reference song: <https://www.youtube.com/watch?v=QMte8BFCqfY>*

### **SHAKE YOUR SILLIES OUT**

We're going to shake, shake, shake our sillies out.  
Shake, shake, shake our sillies out.  
Shake, shake, shake our sillies out.  
Wibble our wobbles away.

We're going to nod, nod, nod our naughties out.  
Nod, nod, nod our naughties out.  
Nod, nod, nod our naughties out.  
Wibble our wobbles away.

We're going to clap, clap, clap our crazies out.  
Clap, clap, clap our crazies out.  
Clap, clap, clap our crazies out.  
Wibble our wobbles away.

We're going to jump, jump, jump our jiggles out.  
Jump, jump, jump our jiggles out.  
Jump, jump, jump our jiggles out.  
Wibble our wobbles away.

We're going to stretch, stretch and yawn again.  
Stretch, stretch and yawn again.  
Stretch, stretch and yawn again.  
Wibble our wobbles away.

*Reference song: <https://www.youtube.com/watch?v=rPAES5RMycq>*

### **THE BODY PARTS SONG**

Here's my head.  
Here's my nose.  
See my hands.  
Touch my toes.  
Reach up with my fingers,  
high as they can go.  
Wave them back,  
to and fro.

### **THE WIGGLE SONG**

It's time to wiggle your toes.  
It's time to wiggle your toes.

It's time to wiggle your toes.  
Then reach up and touch your nose!

It's time to wiggle your hands.  
It's time to wiggle your hands.  
It's time to wiggle your hands.  
Yay! Now it's time to stand!

It's time to wiggle your feet.  
It's time to wiggle your feet.  
It's time to wiggle your feet.  
Now sit down upon your seat!



# Activities

## ANIMAL WORKOUTS

*Materials:*

- Animal cards
- Timer (optional)

*Method:*

1. Demonstrate the move for the kids and then have them copy the move for as long as desired.
2. If using a timer, set it for 30-45 seconds.
3. Work through all the animals or pick your favourites!

*Example:*



### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

## SIMON SAYS

*Materials:* None!

*Method:*

Facilitator to lead the children through movements.

## **ROLL THE DICE**

### *Materials:*

- Large dice
- Poster

### *Method\*:*

*\*Red Light song could be used in conjunction with this activity.*

1. Select a child to roll the dice.
2. Find the corresponding activity for the number shown on the dice.
3. Complete that activity (if using the song, you would sing Red Light while completing the activity).
4. Continue until every child has rolled the dice.

### *Example:*



## ALPHABET WORKOUT

Materials: Alphabet cards

Method:

1. Ask a child for their name.
2. Find the first letter of that child's name on the poster and demonstrate what the exercise corresponding with that letter is.
3. Complete step 1 and 2 until all children have been able to give their name and you have completed the associated exercise.

Example:

