



# Music & Movement



## OBSTACLE COURSE TO MUSIC

**You  
WILL  
NEED:**

- CHAIRS
- HOOPS
- CUSHIONS
- STEPPING STOOLS
- SHOE BOXES
- SCARVES

CREATE AN OBSTACLE COURSE WHERE THE CHILD NEEDS TO CARRY OUT DIFFERENT ACTIONS LIKE CRAWLING UNDER SOMETHING, PIGEON WALKING, FIGURE OF 8 WALKING, STEPPING OVER ETC. PUT MUSIC ON AND LET THEM HAVE FUN!

**THIS ACTIVITY USES ALL THE MUSCLES IN THE BODY AND GIVES YOUR CHILD A SENSE OF WELL-BEING.**



## EXERCISE WITH MUSIC



**MENDY MUSIC**

SEARCH ON THE WEB (AMAZON PRIME / YOUTUBE ETC)

IF YOU DON'T HAVE ACCESS TO A COMPUTER, YOU CAN CREATE YOUR OWN EXERCISE PROGRAM. PUT ON LIVELY MUSIC, STAND IN FROM OF YOUR CHILDREN AND GET THEM TO COPY YOUR MOVEMENTS. USE ALL THE PARTS OF YOUR BODY AND DO STRETCHES, JUMPING JACKS, REACHING OUT TO TOUCH YOUR HEAD, KNEES AND TOES AND MORE.

## EXTENDED ACTIVITY:



PLAY MUSIC WITH SPOON AND POT



SIBLINGS DANCING TO MUSIC



RACES TO MUSIC