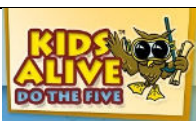




Kids Alive Physical Activities

A L L	Activity: Matching characters with specific actions	
	Link to EYLF outcome/s: 2. Children are connected with and contribute to their world 4. Children are confident and involved learners	
	Directions: <ul style="list-style-type: none"> • Teach children actions for each character <ul style="list-style-type: none"> → Boo – crouch down & pop up yell “BOO!” → Wise Owl – change weight on either foot legs straight and say slowly “WISE OWL” → Lifesaver Lil – bend knees shake hips and arms say quickly “Lifesaver Lil” 3 times • Children run around in a circle or around the outdoor play area. Whistle stops them and teacher yells character 	Notes: <ul style="list-style-type: none"> • Teacher can give children option to choose to have a mixture of characters at once



Kids Alive Physical Activities

A L L	Activity: Musical mats game	
	Link to EYLF outcome/s: 2. Children are connected with and contribute to their world 3. Children are confident and involved learners	
	Directions: <ul style="list-style-type: none"> • Place mats in circle • Each child stands behind mat • Any song plays and children skip around the outside of the mats • When music stops find another mat to stand behind • No child is ever out. This is a great activity to keep all children moving and participating • Repeat for the length of 1 or many songs 	Notes: <ul style="list-style-type: none"> • Children may gallop or run if they are not developmentally up to skipping • You may like to take a mat away each time until there is a winner



Kids Alive Physical Activities

**A
L
L**

Activity: Bob down/freeze

Link to EYLF outcome/s:

- 2. Children are connected with and contribute to their world
- 4. Children are confident and involved learners

Directions:

- Play music (any song will work but faster songs have a better beat for dancing)
- Teacher stops music. Take turns at each stop – 1st 'bob down' 2nd 'freeze' 3rd 'bob down' 4th 'freeze etc
- Bob down – bend knees and bob down
- Freeze – free in position when music stops
- Keep playing until song ends

Notes:

- Add activities such as 'Pop' (stand straight arms in the air) or make up your own
- Create a competition – if wrong moves out until there's a winner



Kids Alive Physical Activities

**A
L
L**

Activity: Lil, Lil, Boo (the same as traditional Duck Duck Goose)

Link to EYLF outcome/s:

- 2. Children are connected with and contribute to their world
- 4. Children are confident and involved learners
- 5. Children are effective communicators

Directions:

- Children in circle
- One person walks around circle tapping on the head saying "Lil, Lil, Lil, Lil"
- Choose a person by saying "BOO!"
- "Boo" chases the other person around the group. The aim is to catch the person or they make it around the circle and sit in "Boo's spot"

Notes:

- Ensure everyone gets a turn
- Add Wise Owl character – if the teachers says this then everyone up and find a different spot



Kids Alive Physical Activities

B E A C H	Activity: Stay between the flags – safety at the beach	
	Link to EYLF outcome/s: <ol style="list-style-type: none"> 1. Children have a strong sense of identity 2. Children are connect with and contribute to their world 3. Children have a strong sense of wellbeing 4. Children are confident and involved learners 	
	Directions: <ul style="list-style-type: none"> • Set up Red/Yellow flags – these can be made out of scrap material, clothes, paper, anything – colours must be Red and Yellow • Discuss safety and staying between flags • Children run/play anywhere they like • Blow the whistle and children must relocate between the flags • Repeat as many times as you wish 	Notes: <ul style="list-style-type: none"> • Can be used as a classroom activity. Set flags up in teaching area – blow whistle or sound music and children come to mat for learning



Kids Alive Physical Activities

P O O L	Activity: Song and dance “This Is The Way We”	
	Link to EYLF outcome/s: <ol style="list-style-type: none"> 2. Children are connected with and contribute to their world 3. Children have a strong sense of wellbeing 4. Children are confident and involved learners 	
	Directions: <ul style="list-style-type: none"> • Speak about importance of swimming lessons. What can we do at swimming lessons to become safer in the water • Sing song with actions • This is the way we kick our legs, kick our legs, kick our legs. This is the way we kick our legs, at the swimming pool. • Paddle our arms, turn around, jump up high, follow the leader, hold our breathe. 	Notes: <ul style="list-style-type: none"> • The Kids Alive song can also be used for this activity – This is the way we fence the pool, this is the way we shut the gate etc etc



Kids Alive Physical Activities

**H
O
M
E**

Activity: Set up stations of safety hazards found at home. Use pictures or actual items (bath-plug, toy fish for fish pond – use your imagination and the possibilities are endless).

Link to EYLF outcome/s:

1. Children have a strong sense of identity
2. Children are connected with and contribute to their world
4. Children are confident and involved learners
5. Children are effective communicators

Directions:

- Start in the middle. Point out all stations
- Children skip/run etc around in the middle
- Teacher yells out a station and all children go there. Once there discuss safety at home

Notes:

- Can children think of any other dangers at their home? Add stations if needed



Kids Alive Physical Activities

**F
A
R
M**

Activity: Farm obstacle course

Link to EYLF outcome/s:

2. Children are connected with and contribute to their world
4. Children are confident and involved learners

Directions:

- Set up course with whatever resources available. Different things for obstacles
 1. Stick with a buddy (must do in pairs)
 2. Stay away from banks (sandpit or bags)
 3. Water tanks (jungle gym etc) go around
 4. Water troughs (bucket) go around
 5. Rain (streamers/ribbons)
- Try to make obstacles far apart so there is a lot of movement

Notes:

- Observe children on obstacle course. Make sure they know they are 'avoiding' obstacles – not participating in them



Kids Alive Physical Activities

B
E
A
C
H

Activity: Lifesaver Lil says (the same as Simon Says)

Link to EYLF outcome/s:

1. Children have a strong sense of identity
2. Children are connected with and contribute to their world
4. Children are confident and involved learners

Directions:

- Played in the tradition of “Simon Says”
- Try to use safety commands (Lil says “Put Your Sunscreen On” Lil says “Find a buddy” etc)
- Leave out “Lil says” and children sit out, become the judge or just get ‘tricked’ and continue playing

Notes:

- Add “Boo Says” to trick children. They only respond when “Lil Says”
- Add “Wise Owl says find a different spot” to keep moving



Kids Alive Physical Activities

P
O
O
L

Activity: Use hula hoops to discuss supervision at the pool

Link to EYLF outcome/s:

1. Children have a strong sense of identity
2. Children are connected with and contribute to their world
3. Children have a strong sense of wellbeing
4. Children are confident and involved learners

Directions:

- Place hula hoops on the ground
- Discuss the importance of only swimming when someone is watching – parents lifeguard etc
- When teacher turns away jump out of the ‘pool’ (hula hoop) as no supervision
- We teacher faces children jump into the ‘pool’ (hula hoop) as it is safe to swim

Notes:

- If you don’t have enough hula hoops you can use skipping ropes, mats, card etc



Kids Alive Physical Activities

HOME

Activity: Safety Scavenger Hunt – best to do straight after ready Home Story or watching Home Animation

Link to EYLF outcome/s:

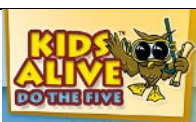
- 2. Children are connected with and contribute to their world
- 4. Children are confident and involved learners
- 5. Children are effective communicators

Directions:

- Set up 5 stations around the centre
 1. Empty out buckets of water
 2. Shut a door/gate/
 3. Dump trucks/toys (wheelbarrow)
 4. Pull plug in sink or out of sandpit etc
 5. Fish toys in a bucket or on the ground
- Children in groups to each of the stations and see if they can recognise hazard
- When moving between the groups chant “Stay same at home” and march

Notes:

- If working with real water (not necessary) make sure serious supervision is underway



Kids Alive Physical Activities

FARM

Activity: Participate in activities relating to sounds/words

Link to EYLF outcome/s:

- 2. Children are connected with and contribute to their world
- 4. Children are confident and involved learners

Directions:

- Teacher says word and children do actions
 1. **Buddy** – find a partner or group
 2. **Slip** – move arms around as falling over
 3. **Tank** – wide legs arms up
 4. **Moo** – squat down arms round trough
 5. **Splash** – arms above head covering raindrops

Notes:

- As children master these 5 add more sounds (animals or other dangers)
- You may think of better words/actions



Kids Alive Physical Activities

**B
E
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Activity:

Link to EYLF outcome/s:

Directions:

Notes:



Kids Alive Physical Activities

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Kids Alive Physical Activities

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Kids Alive Physical Activities

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Activity:

Link to EYLF outcome/s:

Directions:

Notes:

