



## Kids Alive Physical Activities

**A  
L  
L**

**Activity:** Matching characters with specific actions

**Link to EYLF outcome/s:**

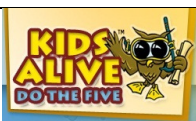
- 2. Children are connected with and contribute to their world
- 4. Children are confident and involved learners

**Directions:**

- Teach children actions for each character
  - **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:**

- Teacher can give children option to choose to have a mixture of characters at once



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**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:**

- 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:**

- 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



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**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 – 1<sup>st</sup> 'bob down' 2<sup>nd</sup> 'freeze' 3<sup>rd</sup> 'bob down' 4<sup>th</sup> '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  
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**Activity:** Lil, Lil, Boo (the same as traditional Duck Duck Goose)

**Link to EYLF outcome/s:**

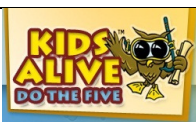
- 2. Children are connected with and contribute to their world
- 4. Children are confident and involved learners
- 5. Children are effective communicators

**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  
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**Activity:** Stay between the flags – safety at the beach

**Link to EYLF outcome/s:**

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:**

- 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:**

- 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  
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**Activity:** Song and dance “This Is The Way We”

**Link to EYLF outcome/s:**

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:**

- 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:**

- 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	<p><b>Activity:</b> 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).</p>	
	<p><b>Link to EYLF outcome/s:</b></p> <ol style="list-style-type: none"> <li>1. Children have a strong sense of identity</li> <li>2. Children are connected with and contribute to their world</li> <li>4. Children are confident and involved learners</li> <li>5. Children are effective communicators</li> </ol>	
	<p><b>Directions:</b></p> <ul style="list-style-type: none"> <li>• Start in the middle. Point out all stations</li> <li>• Children skip/run etc around in the middle</li> <li>• Teacher yells out a station and all children go there. Once there discuss safety at home</li> </ul>	<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Can children think of any other dangers at their home? Add stations if needed</li> </ul>



## Kids Alive Physical Activities

F A R M	<p><b>Activity:</b> Farm obstacle course</p>	
	<p><b>Link to EYLF outcome/s:</b></p> <ol style="list-style-type: none"> <li>2. Children are connected with and contribute to their world</li> <li>4. Children are confident and involved learners</li> </ol>	
	<p><b>Directions:</b></p> <ul style="list-style-type: none"> <li>• Set up course with whatever resources available. Different things for obstacles             <ol style="list-style-type: none"> <li>1. Stick with a buddy (must do in pairs)</li> <li>2. Stay away from banks (sandpit or bags)</li> <li>3. Water tanks (jungle gym etc) go around</li> <li>4. Water troughs (bucket) go around</li> <li>5. Rain (streamers/ribbons)</li> </ol> </li> <li>• Try to make obstacles far apart so there is a lot of movement</li> </ul>	<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Observe children on obstacle course. Make sure they know they are 'avoiding' obstacles – not participating in them</li> </ul>



## Kids Alive Physical Activities

**B  
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**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

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**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

H O M E	<p><b>Activity:</b> Safety Scavenger Hunt – best to do straight after ready Home Story or watching Home Animation</p>	
	<p><b>Link to EYLF outcome/s:</b></p> <ul style="list-style-type: none"> <li>2. Children are connected with and contribute to their world</li> <li>4. Children are confident and involved learners</li> <li>5. Children are effective communicators</li> </ul>	
	<p><b>Directions:</b></p> <ul style="list-style-type: none"> <li>• Set up 5 stations around the centre               <ol style="list-style-type: none"> <li>1. Empty out buckets of water</li> <li>2. Shut a door/gate/</li> <li>3. Dump trucks/toys (wheelbarrow)</li> <li>4. Pull plug in sink or out of sandpit etc</li> <li>5. Fish toys in a bucket or on the ground</li> </ol> </li> <li>• Children in groups to each of the stations and see if they can recognise hazard</li> <li>• When moving between the groups chant “Stay same at home” and march</li> </ul>	<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• If working with real water (not necessary) make sure serious supervision is underway</li> </ul>



## Kids Alive Physical Activities

F A R M	<p><b>Activity:</b> Participate in activities relating to sounds/words</p>	
	<p><b>Link to EYLF outcome/s:</b></p> <ul style="list-style-type: none"> <li>2. Children are connected with and contribute to their world</li> <li>4. Children are confident and involved learners</li> </ul>	
	<p><b>Directions:</b></p> <ul style="list-style-type: none"> <li>• Teacher says word and children do actions               <ol style="list-style-type: none"> <li>1. <b>Buddy</b> – find a partner or group</li> <li>2. <b>Slip</b> – move arms around as falling over</li> <li>3. <b>Tank</b> – wide legs arms up</li> <li>4. <b>Moo</b> – squat down arms round trough</li> <li>5. <b>Splash</b> – arms above head covering raindrops</li> </ol> </li> </ul>	<p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• As children master these 5 add more sounds (animals or other dangers)</li> <li>• You may think of better words/actions</li> </ul>



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**Link to EYLF outcome/s:**

**Directions:**

**Notes:**



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O  
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L**

**Activity:**

**Link to EYLF outcome/s:**

**Directions:**

**Notes:**



## Kids Alive Physical Activities

**H  
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Activity:

Link to EYLF outcome/s:

Directions:

Notes:



## Kids Alive Physical Activities

**F  
A  
R  
M**

Activity:

Link to EYLF outcome/s:

Directions:

Notes:



