

Physical Activity Ideas and Planning Template

This booklet offers early years settings ideas and guidance for delivering skill-focussed physical activity. Infants under 1 year should be encouraged to move from birth through floor and water-based play, with at least 30 minutes of tummy time each day. Children aged 1-5 years should aim for at least 180 minutes of physical activity per day, which equates to 45 minutes in each 3-hour session. Fundamental Movement Skills (FMS) are gross motor skills that involve different body parts and are the building blocks for more complex skills. To encourage lifelong participation in physical activity, children in early years need to be taught these skills and provided with opportunities to practice.

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1. Activity 1

EYFS stage	FMS	Equipment	Activity: Bean Bag Over Head Game	Length of activity
Birth – 11 Months	Hand Eye Coordination	Soft mat/ Soft area multi coloured bean bags	Allow baby's the opportunity to reach for the bean bag and pick them up, encourage them to throw them. Move them around and watch how they move.	10 Minutes
8 – 20 Months	Hand Eye Coordination	multi coloured Bean bags	Encourage infant/toddlers to play with the bean bags; can they pass them from hand to hand?	10 Minutes
16 – 26 Months	Hand Eye Coordination	multi coloured Bean bags	Encourage infant/toddlers to throw the bean bags forwards or backwards over their head.	15 Minutes
22 – 36 Months	Hand Eye Coordination	Multi coloured Bean bags	Encourage infant/toddlers to pass the bean bags over their head to a friend/key worker.	15 Minutes
30-50 Months	Hand Eye Coordination	Multi coloured Bean bags	In small groups of 3 get the children to stand in a line behind each other and pass the bean bags back over their heads, the last person can then move to the front until everyone has had a turn at the front.	15 Minutes
40-60 Months	Hand Eye Coordination	Multi coloured Bean bags	In small teams of 5 children will stand in a line one behind the other. Children will pass the bean bag over their head, the person behind will collect and pass back over their head until the bean bag reaches person at the back, the last person in the queue will run to the front and pass the bean bag over their heads until the person who was the last in the queue will then run to the front and shout 'finished!'	15 Minutes

2. Activity 2

EYFS stage	FMS	Equipment	Activity: Bunny Long Jump	Length of activity
Birth – 11 Months	Agility	-	-	-
8 – 20 Months	Agility	Markers	Talk to the children about rabbits and bunnies. How do they move? Show the children how to hop like a rabbit. Feet should be shoulder-width apart. Keep your hands held up in front of your stomach or chest. Take off with both feet and land with both feet.	5 Minutes
16 – 26 Months	Agility	Markers	As above, but can also try and play “Follow the Leader” while hopping, and take turns being the leader.	10 Minutes
22 – 36 months	Agility	Markers	As above, but can also create a starting line, and see who can hop the farthest with one hop. Try making a relay race with two or three mixed teams of toddlers and adults. Create a starting line and place markers about 5-8 metres away. Each player has to hop around the marker and return to the start before the next one can go. Bonus points: Have a contest to see who can wiggle their nose like a rabbit!	10 Minutes
30-50 months and 40-60 months	Agility	Markers	As above, but can also create a starting line, and see who can hop the farthest with one hop. Try making a relay race with two or three mixed teams of toddlers and adults. Create a starting line and place markers about 5-8 metres away. Each player has to hop around the marker and return to the start before the next one can go. Bonus points: Have a contest to see who can wiggle their nose like a rabbit!	15 Minutes

3. Activity 3

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EYFS stage	FMS	Equipment	Activity: Buzz game	Length of activity
Birth – 11 Months	Agility	Soft mat/ Soft area and multi coloured cones	Cones spread around free floor area to enables infants the opportunity to reach out, crawl or walk to the various cones and encouraged to turn them over.	10 Minutes
8 – 20 Months	Agility	Masking tape, a fun object	Draw lines on the ground using masking tape with a fun object at the end, put the child on one end and encourage them to crawl/toddle down the line to collect the object.	10 Minutes
16 – 26 Months	Agility	Masking tape, a fun object	Draw lines on the ground using the masking tape, get the children to put their arms out like Buzz and see how carefully they can walk down the line, and then run down the line and collect the toy at the end.	15 Minutes
22 – 36 months	Agility	Masking tape	Draw lines on the ground using the masking tape, get the children to put their arms out like Buzz and see how carefully they can walk down the line, and then run down the line, shouting 'whoosh' and jumping in the air when they get to the end.	15 Minutes
30-50 months	Agility	Masking tape	Draw lines on the ground using the masking tape, get the children to put their arms out like Buzz and see how carefully they can walk down the line, and then run down the line, shouting 'whoosh' and jumping in the air when they get to the end. Try get them to see if they can walk backwards down the line with their arms out like Buzz.	15 Minutes

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40-60 months	Agility	Masking tape	Draw lines on the ground using the masking tape, get the children to put their arms out like Buzz and see how carefully they can walk down the line, and then run down the line, shouting 'whoosh' and jumping in the air when they get to the end. Try and get them to see if they can walk backwards down the line with their arms out like Buzz. Vary the game by getting the children decide how they want to use the line e.g. hop on one leg, waddle like a penguin.	15 Minutes
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4. Activity 4

EYFS stage	FMS	Equipment	Activity: Cone and Saucers Game	Length of activity
Birth – 11 Months	Agility	Soft mat/ Soft area and multi coloured cones	Cones spread around free floor area to enables infants the opportunity to reach out, crawl or walk to the various cones and encouraged to turn them over.	10 Minutes
8 – 20 Months	Agility	Multi-coloured cones	Cones spread around free floor area to enable infants/toddlers to walk to cones and collect them or turn them over.	10 Minutes

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16 – 26 Months	Agility	Multi-coloured cones	Cones spread around free floor area to enable toddlers to walk/run to cones and turn them over – explain they need to turn over as many as possible so they are all ‘saucers’ Could group them into colours, and/or count as they turn them over.	15 Minutes
22 – 36 months	Agility	Multi-coloured cones	Cones spread around free floor area to enable toddlers to walk/run to cones and turn them over. – explain they need to turn over as many as possible so they are all ‘saucers’ Could group them into colours, and count as they turn them over. Could ask them just to turn the ‘red’ cones over.	15 Minutes
30-50 months	Agility	Multi-coloured cones	Cones spread around free floor area to enable children to walk/run to cones and turn them over. – explain they need to turn over as many as possible so they are all ‘saucers’ Could group them into colours, and count as they turn them over. Could ask them just to turn the ‘red’ cones over. Or when they have turned 3 cones over to freeze or sit down. Split them into 2 teams one are the cone team one are saucers team, given them an allocated time to turn over as many as possible and count to see which team got the most.	15 Minutes
40-60 months	Agility	Multi-coloured cones	Cones spread around free floor area to enable children to walk/run to cones and turn them over. – explain they need to turn over as many as possible so they are all ‘saucers’ Could group them into colours, and count as they turn them over. Could ask them just to turn the ‘red’ cones over. Or when they have turned 3 cones over to freeze or sit down. Split them into 2 teams one are the cone team one are saucers team, given them an allocated time to turn over as many as possible and	15 Minutes

count to see which team got the most.

5. Activity 5

EYFS stage	FMS	Equipment	Activity: Cone/Beanbag Relay	Length of activity
Birth – 11 Months	Agility	Soft mat/ Soft area and multi coloured cones/beanbags	Cones/beanbags spread around free floor area to enables infants the opportunity to reach out, crawl or walk to the various cones and encouraged to bring them to you or to a specific place.	10 Minutes

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8 – 20 Months	Agility	Multi-coloured cones/beanbags	Cones/beanbags spread around free floor area to enable infants/toddlers to walk to cones and collect and take them to a designated place (box or coloured spot).	10 Minutes
16 – 26 Months	Agility	Multi-coloured cones/beanbags	Cones/beanbags spread around free floor area to enable infants/toddlers to walk to cones/beanbags and collect and take them to a designated place (box or coloured spot).	10-15 Minutes
22 – 36 months	Agility	Multi-coloured cones/beanbags	Cones/beanbags spread around free floor area. Explain to children they need to collect as many cones/beanbags as possible (one at a time) and take them back to designated area, once all cones/beanbags have been collected count with children to see how many they got, whoever has the most is the winner.	10-15 Minutes
30-50 months	Agility	Multi-coloured cones/beanbags	Cones/beanbags spread around free floor area. Ask children to get into groups of 2 or 3 and ask them to stand in a line, one behind the other. When called out to do so the first child runs from their group and collects one cone/beanbag and returns it to the group, the next child does the same. The game continues until the signal is given or when all cones/beanbags have been collected. The group with the most cones/beanbags are the winner.	10-15 Minutes

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40-60 months	Agility	Multi-coloured cones/beanbags	Cones/beanbags spread around free floor area. Ask children to get into groups of 2 or 3 and ask them to stand in a line, one behind the other. When called out to do so the first child runs from their group and collects one cone/beanbag and returns it to the group, the next child does the same. The game continues until the signal is given or when all cones/beanbags have been collected. The group with the most cones/beanbags are the winner.	10-15 Minutes
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6. Activity 6

EYFS stage	FMS	Equipment	Activity: Move like an Animal	Length of activity
Birth – 11 Months	Agility	Pictures of animals	Show infants pictures of different animals and act out sounds and movements of the animal shown <i>Can also sing animal themed songs, Old MacDonalds etc.</i>	5 Minutes

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8 – 20 Months	Agility	Show infants pictures of different animals and act out sounds and movements of the animal shown <i>Can also sing animal themed songs, Old MacDonalds etc.</i>	5 Minutes
16 – 26 Months	Agility	As above but also encourage children to act out an animal and everyone copy/join in.	10 Minutes
22 – 36 months	Agility	As above but also encourage children to act out an animal and everyone copy/join in.	10 Minutes
30-50 months	Agility	Take it in turns to act out an animal. Adults could start by choosing an animal and everyone act out the animals movements: Jumping or hopping – frogs, bunnies, kangaroo's etc Crawling – Dogs, cats, horses etc. Crawling on and hands and feet – monkeys, bears etc Sliding along floor – snakes, lizards Running (replicate fast animals), lions, tigers, cheetahs etc Encourage the children to think of different animals and everyone copy their action. Do this until every child has had a go at choosing For some extra fun finish with sleeping lions!!!	15 Minutes

40-60 months Agility	<p>Take it in turns to act out an animal.</p> <p>Adults could start by choosing an animal and everyone act out the animals movements:</p> <p>Jumping or hopping – frogs, bunnies, kangaroo's etc</p> <p>Crawling – Dogs, cats, horses etc.</p> <p>Crawling on and hands and feet – monkeys, bears etc</p> <p>Sliding along floor – snakes, lizards</p> <p>Running (replicate fast animals), lions, tigers, cheetahs etc</p> <p>Encourage the children to think of different animals and everyone copy their action.</p> <p>Do this until every child has had a go at choosing</p> <p>For some extra fun finish with sleeping lions!!</p>	15 Minutes
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7. Activity 7

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EYFS stage	FMS	Equipment	Activity: Corner Game	Length of activity
Birth – 11 Months	Balance	Soft mat/ Soft area, 4 different coloured pads (circle/squares etc)	Place the 4 pads in four corners of the room or create 4 corner in a clear space and encourage babies to move to various pads in various ways.	10 Minutes
8 – 20 Months	Balance	4 different coloured pads (circle/squares etc)	Place the 4 pads in four corners of the room or create 4 corners in a clear space. Encourage babies/toddlers to move to various pads and instruct them to carry out a balance-based movement.	15 Minutes
16 – 26 Months	Balance	4 different coloured pads (circle/squares etc)	Place the 4 pads in four corners of the room or create 4 corners in a clear space. Encourage toddlers to move to various pads and instruct them to carry out a balance-based movement, such as lift a leg, jump or possibly hop.	15 Minutes
22 – 36 months	Balance	4 different coloured pads (circle/squares etc)	Place the 4 pads in four corners of the room or create 4 corners in a clear space. Encourage toddlers/children to move to the 4 pads and carry out a balance-based movement, such as lift a leg, jump or hop.	15 Minutes

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30-50 Months	Balance	4 different coloured pads (circle/squares etc)	Place the 4 pads in four corners of the room or create 4 corners in a clear space. Ask all children to move to the centre and explain that the following: 'Blue pad is a hopping pad, Green pad is a stand on one leg pad, etc When the coloured pad is called out they run to the pad carry out task and run back to centre.	15 Minutes
40-60 Months	Balance	4 different coloured pads (circle/squares etc)	Place the 4 pads in four corners of the room or create 4 corners in a clear space. Ask all children to move to the centre and explain that the following: 'When I call out the colour run to that pad and copy my exercise'. They could be given an allocated time on the pad, such as 'do 10 hops/jumps' then run back to the centre.	15 Minutes

8. Activity 8

EYFS stage	FMS	Equipment	Activity: Toddler Tiger Tail	Length of activity
Birth – 11 Months	Agility	Colourful fabric 50-100 cm long to use as a tiger tail.	Show infants pictures of big cats such as tigers, lions, leopards, and cheetahs and make the sounds/actions of these animals, encourage infants to lift arms and involve them in the actions and sounds.	5 Minutes
8 – 20 Months	Agility		As above, but for those walking encourage them to move like the animals shown.	5 Minutes
16 – 26 Months	Agility		As above, but for those walking encourage them to move like the picture of the animal and tuck one end of the fabric into the back of their clothing, explain the following “I’m going to get your tail!” and encourage your child to run away. Chase your child and take the tail.	10 Minutes
22 – 36 months	Agility		Show the children pictures of big cats such as tigers, lions, leopards, and cheetahs. Explain that you will pretend to be tigers (or lions, leopards, etc.). Tuck one end of the fabric into the back of your child’s clothing and explain that this is his “tail”. Say, “I’m going to get your tail!” and encourage your child to run away. Chase your child and snatch his tail. Change roles and tuck the fabric into your own pants, and then encourage your child to chase you. Make “big cat” noises as you play (tiger, lion, etc.)	10 Minutes

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30-50 months	Agility	<p>Show the children pictures of big cats such as tigers, lions, leopards, and cheetahs.</p> <p>Explain that you will pretend to be tigers (or lions, leopards, etc.).</p> <p>Tuck one end of the fabric into the back of your child's clothing and explain that this is his "tail".</p> <p>Say, "I'm going to get your tail!" and encourage your child to run away.</p> <p>Chase your child and snatch his tail.</p> <p>Change roles and tuck the fabric into your own pants, and then encourage your child to chase you.</p> <p>Make "big cat" noises as you play (tiger, lion, etc.)</p>	15 Minutes
40-60 months	Agility	<p>Show the children pictures of big cats such as tigers, lions, leopards, and cheetahs.</p> <p>Explain that you will pretend to be tigers (or lions, leopards, etc.).</p> <p>Tuck one end of the fabric into the back of your child's clothing and explain that this is his "tail".</p> <p>Say, "I'm going to get your tail!" and encourage your child to run away.</p> <p>Chase your child and snatch his tail.</p> <p>Change roles and tuck the fabric into your own pants, and then encourage your child to chase you.</p> <p>Make "big cat" noises as you play (tiger, lion, etc.)</p> <p>ADDITIONAL: Create "safe" places where you are not permitted to grab tails. Then encourage your child to run from one "safe" place to another without having his tail snatched. You can "prowl" around at a distance and give him the opportunity to decide whether or not he is safe to run.</p>	15 Minutes

9. Activity 9

EYFS stage	FMS	Equipment	Activity: Bean game	Length of activity
Birth – 11 Months	Agility	A soft area	Place children on their stomachs for a short period of time, place objects close to them so that they are entertained whilst they are on the floor.	10 Minutes
8 – 20 Months	Agility	A soft area	Place children on their stomachs for a short period of time, place objects close to them so that they are entertained whilst they are on the floor. Once children become mobile place objects around on the floor and encourage them to move and play with the object.	15 Minutes
16 – 26 Months	Agility	A clear space	Encourage children to run around in the free space and spread out away from other children.	15 Minutes
22 – 36 months	Agility	A clear space	Encourage children to run around in the free space whilst being spread out from one another when you call 'freeze' the children should stand still on the spot and not move until you should run	15 Minutes

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30-50 Months	Agility	A clear space	Encourage children to run free in the open space. Explain the following commands to the children Jelly bean – stop running and wiggle their body on the spot like a jelly Runner bean – spot and run as fast as they can on the spot Jumping bean – jump up and down on the spot	15 Minutes
40-60 Months	Agility	A clear space	The same as before but introduce more commands e.g. Chilli bean – stop and shiver Space bean – stop and do star jumps Broad beans – make them-selves as wide as they can with their arms and legs Baked beans – hop on the spot Introduce as many new beans as you like	15 Minutes

10. Activity 10

EYFS stage	FMS	Equipment	Activity: Cross the swamp	Length of activity
Birth – 11 Months	Balance	A soft area	Child placed on front to begin to strengthen head muscles/ allowed to crawl freely (dependant on stage of development)	10 Minutes
8 – 20 Months	Balance	Push/pull toys	Children encouraged to use stroller toy and walk (freely or to a target)	15 Minutes
16 – 26 Months	Balance	Masking tape	Children walk through the lines (marked with masking tape) without falling into the swamp.	15 Minutes
22 – 36 months	Balance	Masking tape	Children cross narrow channels on the floor using masking tape (the swamps). Children pick their favourite animal and stand at one side of the swamp. Each animal is called and must cross in character without falling into the swamp. With this age group you could start with familiar animals e.g. cat, dog, bird.	15 Minutes
30-50 Months	Balance	Masking tape	Children cross narrow channels on the floor using masking tape (the swamps). Children pick their favourite animal and stand at one side of the swamp. Each animal is called and must cross in character without falling into the swamp. For older children or those more developing, try and introduce new animals with more difficult movements. E.g. snake, monkey, insects, crocodile.	15 Minutes

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40-60 Months	Balance	Masking tape	Children cross narrow channels on the floor using masking tape (the swamps). Children pick their favourite animal and stand at one side of the swamp. Each animal is called and must cross in character without falling into the swamp. For older children or those more developing, try and introduce new animals with more difficult movements. E.g. snake, monkey, insects, crocodile.	15 Minutes
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11. Activity 11

EYFS stage	FMS	Equipment	Activity: Journey in the jungle	Length of activity
Birth – 11 Months	Agility	A soft area	Child placed on front to begin to strengthen head muscles/ allowed to crawl freely (dependant on stage of development)	10 Minutes
8 – 20 Months	Agility	Push/pull toys	Children encouraged to use stroller toy and walk (freely or to a target). Perhaps make this more engaging with jungle themed music.	15 Minutes
16 – 26 Months	Agility	Cones to mark area	In a set area, children begin walking freely through the jungle. Using sounds or toy animals of a tiger, children respond by running to a safe area.	15 Minutes
22 – 36 months	Agility	Cones to mark area	In a set area, children begin walking freely through the jungle. Children respond to commands with actions, for example tiger = run to a safe area, ocean = swim.	15 Minutes
30-50 Months	Agility	Cones to mark area	In a set area, children begin walking freely through the jungle. Children respond to commands with actions, for this age group try to introduce more difficult tasks, for example tiger = run to a safe area, ocean = swim, branches = duck, river = jump, sand = tiptoe.	15 Minutes

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40-60 Months	Agility	Cones to mark area	In a set area, children begin walking freely through the jungle. Children respond to commands with actions, for this age group try to introduce more difficult tasks, for example tiger = run to a safe area, ocean = swim, branches = duck, river = jump, sand = tiptoe. Also introduce obstacles if possible.	15 Minutes
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12. Activity 12

EYFS stage	FMS	Equipment	Activity: Throw the fruit	Length of activity
Birth – 11 Months	-	-	-	10 Minutes
8 – 20 Months	Coordination	Bean bags/balls/soft toys	Children encouraged to throw bean bag/ball/soft toy in a certain direction.	15 Minutes
16 – 26 Months	Coordination	Bean bags/balls/soft toys	Children encouraged to throw bean bag/ball/soft toy at a target on the wall.	15 Minutes
22 – 36 months	Coordination	Bean bags/balls/soft toys	Children instructed to throw bean bag/ball/soft toy into a target e.g. large bucket or sandpit.	15 Minutes
30-50 Months	Coordination	Bean bags/balls/soft toys	(challenging) Laying on their back with a soft toy/bean bag/ball close to their feet, children are instructed to pass the item into a target (e.g. large bucket or basket) using their feet.	15 Minutes
40-60 Months	Coordination	Bean bags/balls/soft toys	(challenging) Children sit on the floor with a soft toy close to their feet. The other children stand behind the child on the floor holding a basket. The child on the floor uses their feet to grip the soft toy and pass over their head for the other children to catch in the basket. How many times can they throw and catch the soft toy? This is a challenging activity but helps to activate the core muscles as well as develop coordination.	15 Minutes

13. Free Flow Physical Activity Template

Physical Activity equipment/station	FMS	Other aims	Activity adoptions
<i>Bikes</i>	<i>Agility & co-ordination</i>	<i>Sharing</i>	<i>Make children weave through an obstacle course</i>
<i>Hopscotch</i>	<i>Agility</i>	<i>Social interaction</i>	<i>If a child is struggling, get them to hop on one leg. Make children hope for a longer distance.</i>
<i>Crates</i>	<i>Balance</i>	<i>Developing imagination</i>	<i>Help children to take turns on the balancing beam. Hold their hands to help them balance. To make it harder, get children to walk on their own and spot them if necessary.</i>
<i>A selection of balls</i>	<i>Co-ordination</i>	<i>N/A</i>	<i>Help children to be able to catch a large ball. To make it harder encourage children to use smaller balls for e.g. a tennis ball.</i>

Physical Activity Planning Template

EYFS stage	FMS	Equipment	Activity:	Length of activity
Birth – 11 Months				
8 – 20 Months				
16 – 26 Months				
22 – 36 Months				
30-50 Months				
40-60 Months				

15. Example Weekly Plan

Week beginning:		Activity code/Name of activity
Monday	AM	4/ Cones and saucer game
	PM	3/ Buzz lightyear activity
Tuesday	AM	2/ Throw the fruit
	PM	2/ Throw the fruit
Wednesday	AM	5/ Cone and bean bag relay session
	PM	5/Cone and bean bag relay session
Thursday	AM	8/ Tiger tails game
	PM	8/ Tiger tails game
Friday	AM	6/ Move like an animal activity
	PM	6/ Move like an animal activity

16. Useful Resources

- Early Movers, Practical Ideas for Physically Active Play. Available at: [Booklet 5 Practical ideas for physically active play.pdf](#)
- NHS Better Health, Healthier Families. Available at: [Activities for kids - Healthier Families - NHS](#)
- NSW Government, Fundamental Movement Skills in Action, FMS for 3 – 5 year olds. Available at: [Fundamental movement skills 3-5-years](#)
- Youth Sport Trust, SEND PE Activities. Available at: [SEND PE Activities - Youth Sport Trust](#)
- Youth Sport Trust, Early Years Physical Literacy Framework. Available at: [early-years-physical-literacy-framework.pdf](#)