



Ngā tākaro korikori tinana | Physically active play

Tamariki love moving. Being physically active is an important part of everyday life. Finding ways every day for tamariki to use large and small muscles allows them to gain increasing control over their bodies. Physical activity is essential to te oranga hinengaro | children's mental and emotional health. It is vital to their physical and spiritual wellbeing. From te ao Māori and Pacific perspectives, physical wellbeing cannot be separated from strong connections to tīpuna, spirituality, and the environment.

Links to Te Whāriki

Environments where tamariki can gain confidence in and control of their bodies, support them to move confidently and challenge themselves physically (te wero ā tinana). Tamariki need space to move, take risks, practise balancing, running, jumping, skipping, and hopping (**Exploration | Mana aotūroa**). Fundamental movement skills are a foundation for many physical activities including games, kapa haka, dance, outdoor recreation, and sports. They are an essential part of enjoyable participation and a lifelong interest in a healthy, active lifestyle (**Wellbeing | Mana whenua**).



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Physically active play can help tamariki to:

- › develop large muscles, strength, and balance
- › develop flexibility, rhythm, and coordination including hand-eye coordination
- › develop skills such as throwing, catching, hopping, skipping, climbing, and balancing
- › develop mathematical concepts such as long/short, big/small, wide/narrow
- › develop awareness of space, such as over/under, in front/behind, on top/beneath, inside/outside
- › learn their limits
- › learn to cooperate and share
- › learn about games and rules from their own and other cultures
- › understand that physical activity is fun and can release tension.

Adults can support tamariki by:

- › making sure spaces are safe and free from obstructions
- › making sure the equipment is safe, well maintained, and positioned safely
- › letting them play around with equipment in their own way and at their own pace
- › joining in and providing encouragement, advice, support, and demonstrations
- › as needed, e.g. different ways to land or throw a ball
- › encouraging them to join in by taking turns
- › modelling language that goes with the play
- › making sure physical play resources and opportunities are available at all times.

Providing for physical activity

Being physically active can happen inside or out. Just remember that safety comes first, so make sure there is enough space for tamariki to be physically active without the risk of hurting other tamariki. That said, managed risk is important for tamariki. If tamariki are climbing, swinging, sliding, or jumping, make sure there's enough soft fall cushioning on the floor for safe landing. Talk to whānau and members of your wider community about games and physical activities they like to do.

Ideas for physical play activity

Anything that allows for running, balancing, swinging, crawling, stepping, climbing, catching, throwing, pushing, pulling, hopping, skipping, jumping, rolling, crouching, or twirling.

Some examples are:

- › skipping ropes, large rope for pulling games
- › ribbons or scarves
- › balls (different sizes)
- › bean bags
- › balancing boards
- › traffic cones
- › swings, slides, and other fixed equipment
- › boxes, planks, and ladders
- › other junk material.