

# Under and Over

*Physical development is an essential part of growing up and needs to be encouraged at all times. Children need to have the chance to move freely and show that they can control their movements. The development of mobility also affects other skills involving their understanding and memory. They need to develop an awareness of space and their surroundings.*



- 1 Play some games with your child which involve going under and over things. A safe climbing frame is an excellent aid to this and can be erected in the garden or even inside in a large space. There may also be a frame at your local park.
- 2 Before using a climbing frame discuss with your child the safety aspects and any risks. Make sure they are aware that they must consider other people's safety as well e.g. other children using the frame.
- 3 Put some cushions on the floor and ask your child to move under and over them.
- 4 If you can provide your child with things so that they can climb in, over and through. Let them explore the space around them.
- 5 Read 'We're going on a Bear Hunt' and then discuss safe ways of moving around.
- 6 Get your child to think about other ways of moving under and over things. See if they can improve and refine what they do. e.g. Curling up smaller as they go under things and stretching out as they go over things.



*Please remember to recycle this activity*

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# Under and Over

Under each picture, write if you would go under, over or through it.



1

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2

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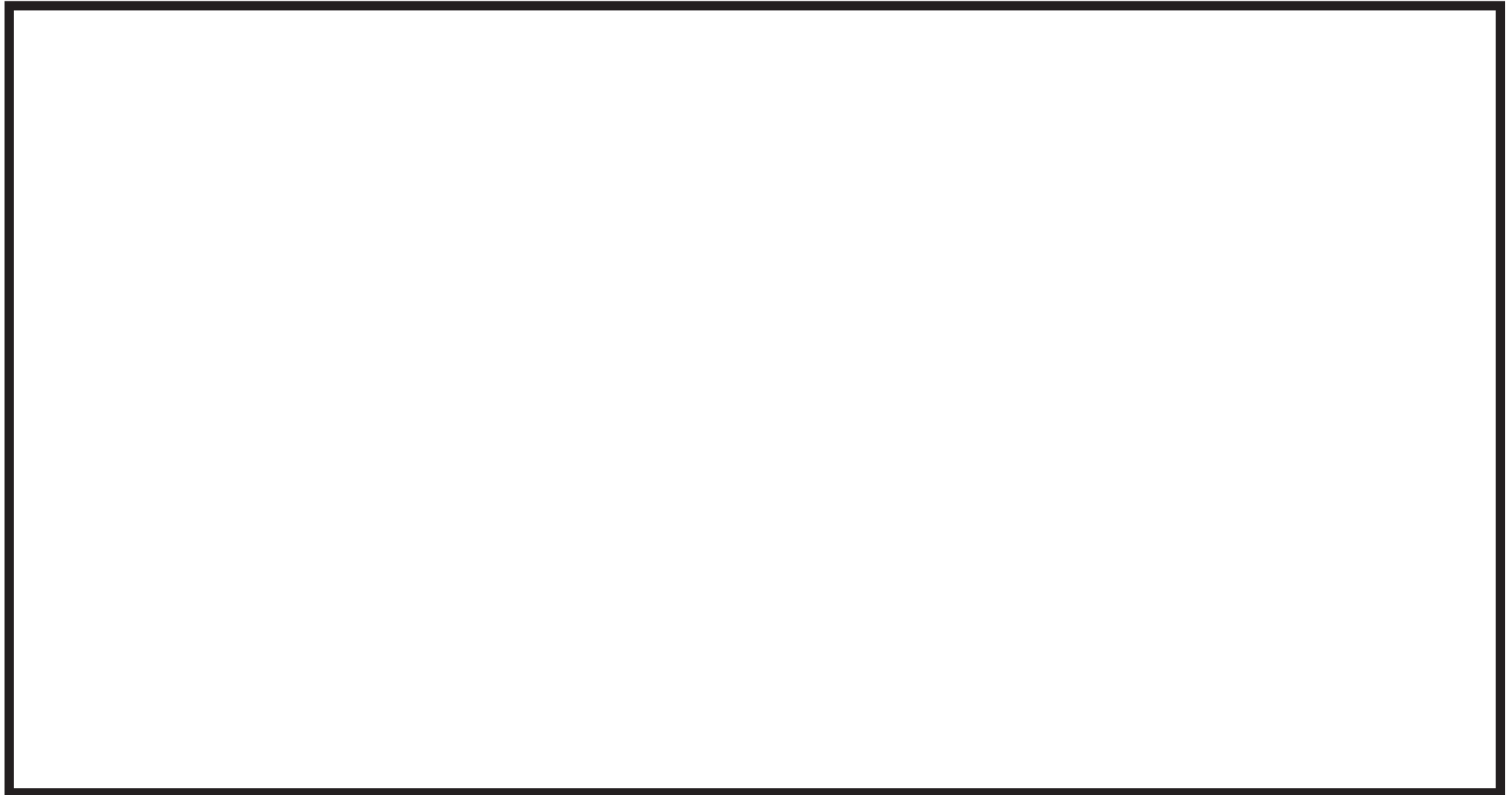


3

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# Under and Over

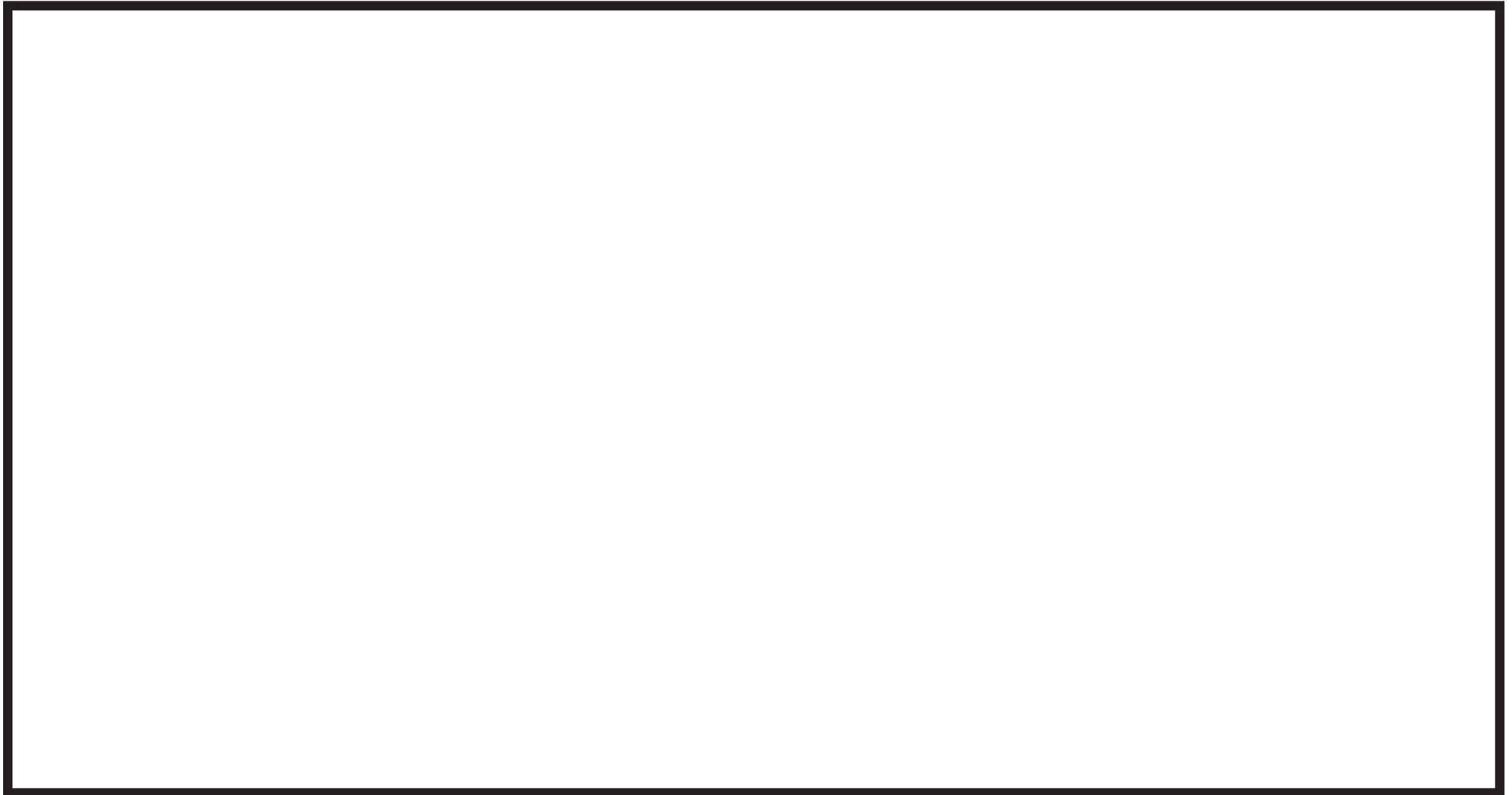
Draw a picture of the following...



1. A car driving **OVER** a bridge.

# Under and Over

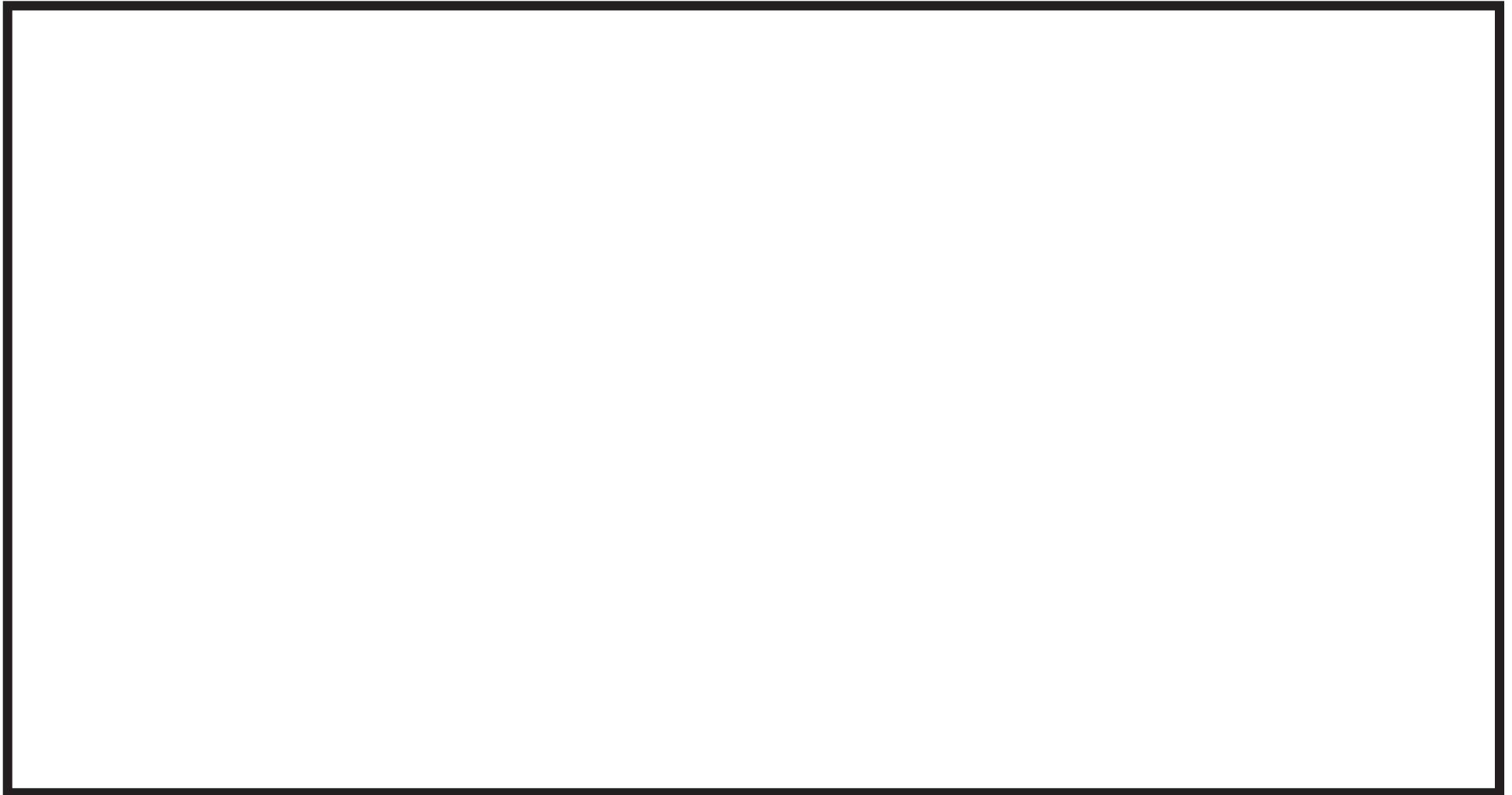
Draw a picture of the following...



2. A cat hiding **UNDER** a table.

# Under and Over

Draw a picture of the following...



3. A train going **THROUGH** a tunnel.