



Upper Body Development: Climbing, Hanging and Swinging

An activity guide for under-fives



**SPORT
NEW ZEALAND**

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What is Active Movement/ Koringa Hihiko?



Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





? Why is upper body development important?

- 😊 **Children love to hang, swing and climb and it's great for them.** These Active Movement experiences help to develop strong muscles in the shoulders, arms, hands and fingers (upper body strength).
- 😊 Children's bodies develop from head to foot and from the centre of the body to the tips of the limbs. Their fingers and fine motor skills (used in writing, threading etc) are the last to develop.
- 😊 **Encourage your infant or child to be active throughout the day. It strengthens his body and allows skills to develop in the future.** There is a lot of equipment that helps us transport our children and keep them safe. If they spend too much time in this equipment they may miss out on exploring the wonderful world around them.

? What do I need to know before I start?

- 😊 All activities are for boys **and** girls.
- 😊 It is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- 😊 Remember, when children are active, stay around them to **keep them safe**.
- 😊 Allow your child to explore his own feelings about different activities. If an activity seems too hard, try an easier one. **Feelings of success** are really important for children.

Activities for Newborns and Infants

He ngohe mā ngā Pēpi



These activities can also be done with toddlers and young children.

I strengthen my body by spending time on my tummy and moving around the floor.

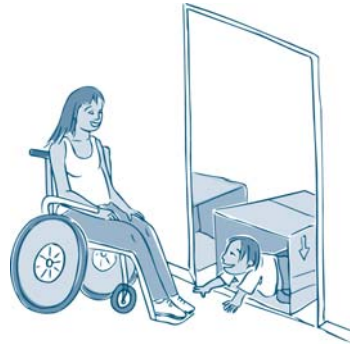




- Push-ups for older babies. Gently support baby under the chest and hips. Lift his body carefully. Baby's hands remain on the floor and he supports his upper body on his arms. **It is important to support the lower back and not allow him to arch his back.**



- Crawling over, around and under objects (see brochure **Tummy Time, Rolling and Crawling** for more crawling activities).



- Lay baby on a raised surface so there is a slight incline. Gently roll her down the incline. Go back to the top and roll the other way.

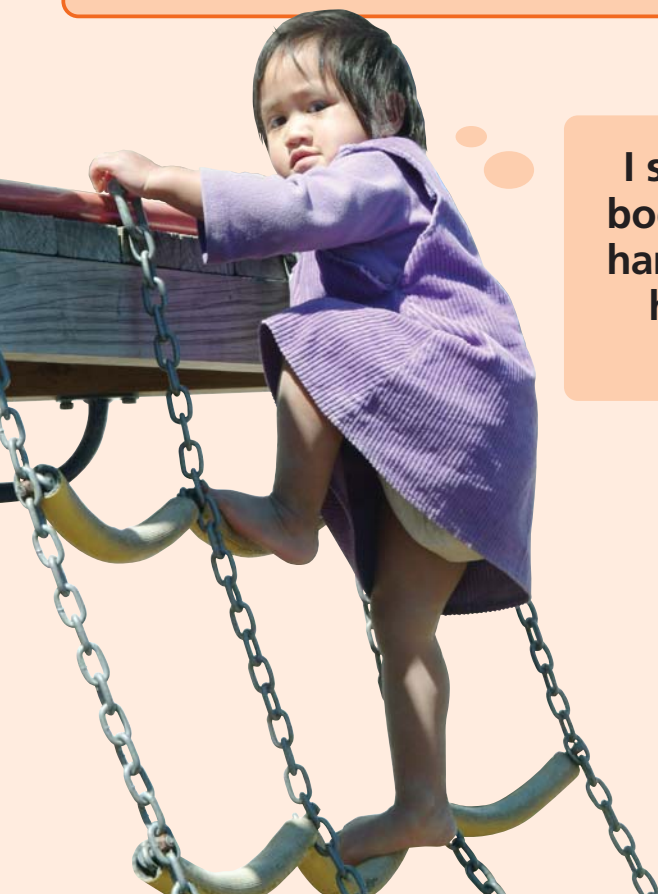


Activities for Toddlers

He ngohe mā ngā Tamariki Nohinohi



These activities can also be done with young children.



**I strengthen my
body by using my
hands and arms to
hold my own
weight.**

- ▶ Support your child's thighs as she walks on her hands. Make sure her back remains straight. This is known as the wheelbarrow walk.



- ▶ In your garden, hang a thick rope from a tree. Alternatively hang a swing, rings or something safe for your child to hang and swing from.



More activities you can do with your toddler, next page ▶

More activities to do with toddlers

▶ Hang and swing from bars at the park.

▶ Swing along the bars like a monkey (with alternate hands).



▶ Wheelbarrow walk along park bench or a challenge course covered in leaves and pebbles.



Activities for Young Children

He ngohe mā ngā Kōhungahunga



These activities can also be done with toddlers.

**I strengthen my
body by using my
hands and arms to
hold my own
weight.**



- ▶ When out walking, swing on the fence railings if they are the right height and are strong enough.



- ▶ Bear walk around the house.



- ▶ Climb on a small ladder.

- ▶ Walk to the park and have fun hanging on the bars (from his hands).

- ▶ Climb on the climbing frames at the park.



- ▶ Climb trees safely (use markers to show how high to go, talk about how to get up and back down again; choose a tree that has strong branches close together).

- ▶ Use an old sheet or piece of soft rope to play tug of war.



? Where do I go for more information?

😊 This brochure is one of a series of 16 Active Movement resources:



Acknowledgements SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

www.sparc.org.nz

