Shape, circle

Description automatically generated

Let’s get…

Graphical user interface

Description automatically generated with medium confidenceText

Description automatically generatedLogo

Description automatically generated with medium confidence

moving

These prompt cards are ideas for movement activities.

As well as being good for the body, movement and exercise are also an important part of a healthy mind!

We hope this helps!

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A picture containing logo

Description automatically generatedA picture containing night sky

Description automatically generatedIcon

Description automatically generated with medium confidenceA close-up of a crescent moon

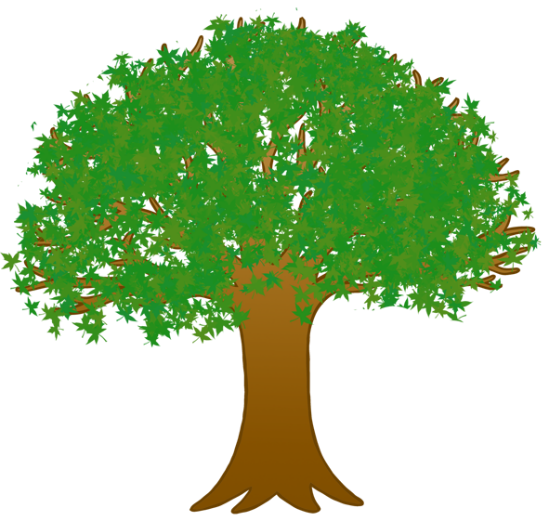
Description automatically generated with low confidenceA picture containing toy, doll

Description automatically generated

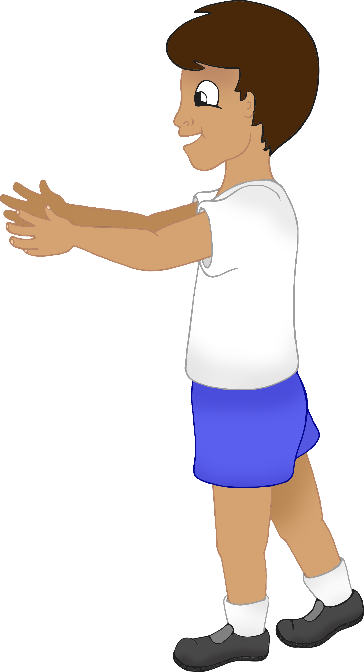
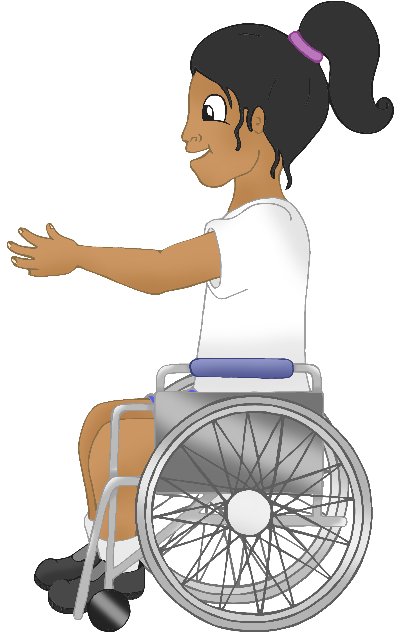
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Play a game at the park!

Let’s get…



moving



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Dance to some music!

Let’s get…



moving

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Try some yoga!

Let’s get…



moving

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Go for a walk!

Let’s get…



moving

A picture containing vector graphics, light

Description automatically generatedA picture containing text

Description automatically generatedA picture containing text

Description automatically generated

A picture containing watering can

Description automatically generatedA picture containing transport, wheel

Description automatically generatedA close-up of a fruit

Description automatically generated with low confidenceA picture containing pond, plant

Description automatically generatedShape

Description automatically generated

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Go for a nature walk to find minibeasts!

Let’s get…



moving

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Do some gardening!

Let’s get…



moving

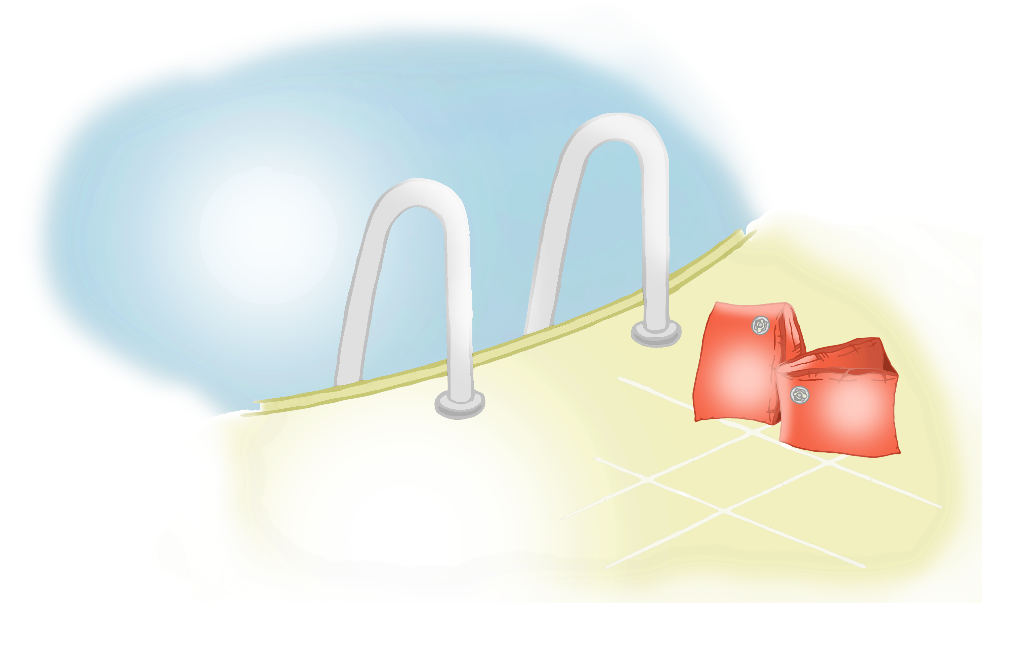
Shape

Description automatically generatedShape

Description automatically generatedBackground pattern

Description automatically generated with medium confidenceBackground pattern

Description automatically generated with medium confidenceA picture containing toy, doll

Description automatically generated

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Make an obstacle course!

Let’s get…



moving

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Go for a swim!

Let’s get…



moving

A picture containing plant

Description automatically generatedShape

Description automatically generatedA picture containing transport, wheel

Description automatically generated

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Enjoy a treasure hunt!

Let’s get…



moving

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Play hide and seek!

Let’s get…

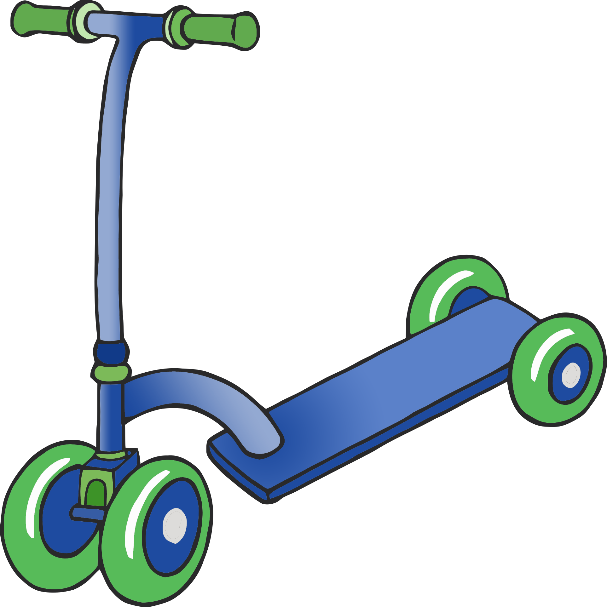


moving

A picture containing text

Description automatically generatedA picture containing text

Description automatically generatedA picture containing vector graphics, spectacles

Description automatically generated

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Play on ride-ons!

*Tricycles, bikes, scooters*

Let’s get…



moving

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Role-play!

*Move like a…*

Let’s get…



moving

A picture containing night sky

Description automatically generatedIcon

Description automatically generated with medium confidenceA picture containing logo

Description automatically generatedA close-up of a crescent moon

Description automatically generated with low confidenceA picture containing text

Description automatically generated

See the little bunny rabbits…

Find a circle!

Run to the triangle!

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Go on a maths hunt!

Let’s get…



moving

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Act out nursery rhymes!

Let’s get…



moving

A picture containing tool, broom

Description automatically generatedLogo

Description automatically generated with medium confidenceLogo

Description automatically generated

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Play on playground equipment!

Let’s get…



moving

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Help with household chores!

Let’s get…



moving

A picture containing honeycomb, dome, soccer

Description automatically generatedA picture containing person, toy, doll

Description automatically generatedA picture containing doll

Description automatically generated

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Run a race!

Let’s get…



moving

© 2023 Little Owls Resources

Bounce a ball!

Let’s get…



moving

A picture containing doll, toy

Description automatically generatedIcon

Description automatically generatedShape, rectangle

Description automatically generatedShape

Description automatically generatedShape

Description automatically generatedA picture containing icon

Description automatically generatedShape, rectangle

Description automatically generated

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Build a den!

Let’s get…



moving

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Practise hula hooping!

Let’s get…



moving

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Let’s get…



moving

© 2023 Little Owls Resources

Let’s get…



moving