

THE STATUE GAME

- To start the PiP PoP activities, blow a whistle and ask all the children to find their parent/carer, run to them, stand with them and create a statue shape together
- For the first few sessions you will need to borrow a child to demonstrate an example of a statue shape
- Encourage that parents/carers to support the children to find new statue shapes each time they do the activity



- Encourage the children to balance on one leg whilst holding the statue shape
- Ask the pair/group (depending on how many children there are per parent/carer) to hold their statue as still and for as long as they can. Encourage them to count to see how long they can stay still for
- Once the group is used to creating statues together, you can ask them to join up with another pair/group to make another statue
- When the group is ready, explain the PiP PoP activity to them and give a demonstration of the activity. If needed give some modifications to the activity to make it easier or harder for individual children's abilities.

PIP POP BALANCING SEALS



- **Equipment**

2 buckets or boxes

Lots of bean bags



- **Explain**

Put all the bean bags in one bucket/box. Place the other bucket/box about 5 meters away. If you have a big group you might need to set up a few bucket/bean bag tracks. The child pretends to be a seal in a circus and places the bean-bag on their head, they walk/run/swim(!) to their opposite bucket without dropping the bean bag. When they get to the empty bucket they can place or throw the bean bag in. The parent can walk with the child helping him/her and encouraging them or stand next to the bucket cheering the children on.



- **Demonstrate**

Take a bean bag and place it on your head, walk/run over to the empty bucket and throw the bean bag in.

- **Modify**

To make it easier, the child can hold the beanbag in place. To make it harder the child can walk or around things, put some hoops or other obstacles out. For variation, place the beanbag on another body part, like the back of the hand, shoulder, elbow, or ask the children to move in different way: skip, jump or swim across!

- **Correct**

The children will find it easier if they stand up straight so encourage them to stand tall with their shoulders back and chest forward.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick)
5. Ask the child what he/she thinks (even if they can't reply at this age)
6. Seek eye contact
7. Mean it – be sincere and let it show in a warm tone of voice

8. Encourage parents/carers to touch their child gently when giving praise
9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for...'

PIP POP
TIGHTROPE WALKING



- **Equipment**

Skipping ropes

A bench or other balancing blocks if available

Cones



- **Explain**

Lay out some skipping ropes on the floor in a straight line. Tell the children that they are tightrope walkers in the circus. Encourage the children to walk along the line without falling off. Encourage them to hold their arms out for balance. If you have a bench or other balancing blocks then set these out too and ask parents/carers to support their child across the balancing course.



- **Demonstrate**

Demonstrate walking along the rope pretending to be a tightrope walker.

- **Modify**

Alter the task by making the rope into a squiggle, or laying out several ropes in a line around a slalom course made of cones, or changing the balancing course. The parents can guide the children in making up their own balancing course and circus act!

- **Correct**

Ensure they are focussing on balancing and keeping to the line.

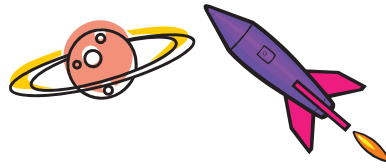
- **Encourage**

1. Give the child all your attention
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3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for....'



- **Equipment**

A selection of hula hoops of varying sizes



- **Explain**

Place several hula hoops flat on the ground, the hoops are planets in the sky. Encourage the children to run or skip around the playground pretending to be spaceships. When you shout the instruction to 'land', the children run and jump in a planet (inside a hula hoop). More than one child can be in the same hoop. Encourage parents to take it in turns to shout out the instruction to land. Some children might need their parent/carer to run around and jump in the hoop with them to show them how it's done.



- **Demonstrate**

Demonstrate running around the playground and then jumping into a hoop at the sound of a whistle.

- **Modify**

To make the game more challenging the children could be encouraged to stand on one foot in the hoop. Once the group are familiar with the game you can shout of different colours and ask them to stand inside that colour hoop.

- **Correct**

Make sure the children are moving and active before the call to land is given.

- **Encourage**

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2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP

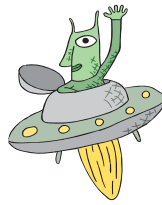
CATCH THE ALIEN



- **Equipment**

Hula hoops

- **Explain**



The children are spacemen/women and each have a hula hoop which they use as their spaceship. The parents/carers are the Aliens, parents (Aliens) walk/run around and the playground, children (spacemen) have to catch them carefully in their hoop. The pair swap around and the children are now the Aliens and parents/carers the Spacemen/women.



- **Demonstrate**

Show the group how to carefully catch an Alien in a hoop.

- **Modify**

Parents may need to crouch down to enable their child to catch them.

- **Correct**

Make sure parents are allowing their children to catch them, and that everyone is being gentle with their alien catching!

- **Encourage**

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2. Move close to the child
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4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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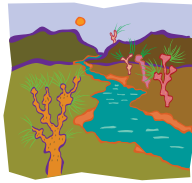
PIP POP RIVER HOPPING



- **Equipment**

Skipping ropes

- **Explain**



Lay the ropes parallel with a gap between. Each child stands on one side of the "river" and attempts to jump over it without "falling in." As the child succeeds, the gap can be widened to increase the width of the "river." Encourage the children to use big arm movements and bend their legs. Encourage them to try jumping with legs together and legs apart. Encourage them to use their imagination, who is lurking in the depths of the river, leaping salmon, a hungry crocodile, beautiful angel fish or a little mermaid? If the child "falls in" encourage them to swim to the edge!



- **Demonstrate**

Lay the ropes slightly apart and demonstrating jumping over. Use exaggerated arm movements and bent knees. Show the group a time when you fall in and have to swim to the edge using breaststroke or front crawl.

- **Modify**

To modify alter the width of the "river". Some children may need to hold their parent/carers hand to jump over. For those children who are very able you could ask them to hop over, or jump over backwards.

- **Correct**

There isn't really a correct way of jumping the "river". If the child "falls in" then they can still carry on. Encourage them to use their imaginations.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
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PIP POP
MR. CROCODILE



- **Equipment**

No equipment, just plenty of space.



- **Explain**

A child and parent/carer pair are chosen to be 'Mr. Crocodile'. The pair stands in the centre of the play area facing the line of other children and parents. The group chant;

"Hey Mr. Crocodile, Can we cross the water, To see your lovely Daughter? Just like that..."

The child/parent responds saying *"Yes, if you have... (e.g. brown hair, blue eyes, glasses etc.)"*

The children that fit the required characteristics are allowed to cross. The remaining children then have to get across without being caught. If they are caught they become the crocodile. Parents/carers must help their child decide whether they can cross safely or whether they need to run across together.

- **Demonstrate**

Before you get started get everyone saying the rhyme then ask some of the more able adults and children to help you demonstrate the game. You play Mr. Crocodile and encourage the adults to sing the chant.

- **Modify**

This game should be suitable to all ages. You can ask the parent/child pair to run, hop or skip across the water.

- **Correct**

There is no right or wrong way to play this game as long as everyone is crossing the water everyone is doing great! Make sure that the parents of less able children are helping them cross within their own movement limitations.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
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PIP POP
PAINTING WITH WATER
(FOR A DRY DAY)



- **Equipment**

Large paint brushes and pots of water

You will also need the playground to be dry



- **Explain**

Adults and children each have a paint brush, they dip them into the water and paint patterns and shapes on the ground, fence, wall or other objects. Encourage the children to stay standing and not to sit down to paint. The adult can join in with their child/children, encourage the children to paint big shapes and use big sweeping arm movements, ask them what shape are you going to paint next, where do you want to paint it? Encourage them to move around the playground area painting different objects. Encourage them to use their imaginations. They may become painters and decorators, styling the outdoors in their unique way. They may want to sing a song as they paint!



- **Demonstrate**

Take a brush and paint a large shape, use big sweeping arm movements and show the group how to do it

- **Modify**

This activity is suitable to all ages and abilities

- **Correct**

There is no right or wrong way to play this game as long as everyone is painting and moving then everyone is doing great!

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
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PIP POP

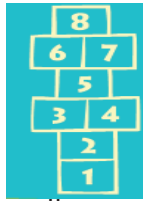
HOPSCOTCH (FOR A DRY DAY)



- **Equipment**

Chalk

Bean-bag



Draw a couple of hopscotch boards out before the session, the playground needs to be dry for this activity

- **Explain**

Taking it in turns the children throw a bean-bag into the numbered spaces of a pattern of rectangles outlined on the ground and then hop or jump through the spaces to retrieve the object. If the child is able, encourage them, with their parent, to draw their own hopscotch to play on.



- **Demonstrate**

Throw the bean bag and hop/jump to the number to retrieve it. Demonstrate big, exaggerated jumps and use your arms.

- **Modify**

If the children are too young for numbers you could use pictures or colours. Also younger children could just jump if they can't hop. Another way to modify this is to ask children and parents to draw an assault course with the chalk, draw circles to jump in, a star to do star jumps in, and line to balance along. They can be as creative as they like. They can draw a box at the end to throw a bean bag into.

- **Correct**

There isn't really a correct way to retrieve the bean-bags as long as the children are jumping and moving around.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP

CIRCLE ROLLING (FOR A DRY DAY)



- **Equipment**

Medium sized soft/foam balls



- **Explain**

The parent and child sit opposite each other with their legs spread and feet touching, they roll the ball across the ground to each other. When everyone is familiar with rolling the ball get the whole group together. Now ask everybody to sit in a circle with their legs spread and feet touching the feet of the adult/child either side. Creating a star shaped circle. The ball is rolled across the circle to other people. When the group are familiar with the game you can ask them to say the name of the person they are going to roll the ball to.



- **Demonstrate**

Demonstrate with volunteers. Show that if the ball doesn't quite reach you have to stretch with your arms (legs still spread).

- **Modify**

If a child won't sit still alone they can sit in-between their parent/carers legs and pair up with another parent/child to begin with. Then when the group moves into the circle they can still sit between their parent's legs. If you have a large group you might need to make 2 or 3 circles.

- **Correct**

Make sure feet/legs don't move and everyone is involved.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
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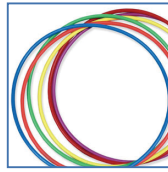
9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for....'

PIP POP
HOOP ROLLING



- **Equipment**

Hula hoops



- **Explain**

Each parent/carer and child pair has a hula hoop between them; they stand a short distance apart and roll the hoop between them. They can also practice rolling the hoop around the playground and see how long they can keep it rolling for.



- **Demonstrate**

Chose a willing parent and ask them to be your partner, roll the hoop between the two of you.

- **Modify**

The children can also try exploring other play equipment in the playground to discover whether it will roll.

- **Correct**

You may need to go around showing parents how to roll the hoops.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for....'

PIP POP
COLOURS OF THE RAINBOW



- **Equipment**

A colourful parachute

Chalk

- **Explain**

Ask the parents to spread out around the parachute and take hold of one or two handles. The parents will move the parachute up and down as the children run under it. Each parent takes it in turns to call out a different colour from the parachute and a body part (e.g. hand, head, knee, foot), the children have to stand under that colour and touch the parachute with the instructed body part.

- **Demonstrate**

Tell the parents that you will start by shouting out the first colour and body part, and then encourage each parent/carer in turn to shout out a colour and a body part

- **Modify**

The young children may just want to run in and out of the parachute, this is fine. Also you may want to draw a chalk line or use a playground line and ask the older children to stay on the opposite side of the line to the younger children so that they don't bump into them or push them over accidentally.

- **Correct**

There's no right or wrong way to play this game, as long as everyone is moving, everyone is doing great!

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP
COLOUR TARGETS



- **Equipment**

A colourful parachute

Hula hoops

Bean bags

Cones



- **Explain**

Spread the parachute out on the ground with the hula hoops around it and a cone 1 metre away from each hula hoop. The children and parent/carer pairs stand at a cone in front of the hoop and either decide to throw the bean bag into the hoop or aim at a chosen colour of the parachute. The aim of the game is for the bean bag to land in the hoop or on their chosen colour on the parachute. The parent and child then move around the circle to the next hoop and throw again.

- **Demonstrate**

Stand by a cone and say out loud the coloured hoop or parachute colour you're aiming at and throw a bean bag underarm at your target.

- **Modify**

For the more able children you can ask them to stand on one leg as they throw. You can also move the cones closer or further away depending on how easy the child finds it to hit their target.

- **Correct**

For children who are struggling you may need to help them by guiding their arm as they throw. You can do this and then encourage their parent to help and guide the throw.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP
FETCH PUPPY FETCH!



- **Equipment**

Balls

Hoops

Bean bags



- **Explain**

All of the children should imagine that they are puppies out for a walk in the countryside. Their owner (the parent) throws and/or rolls them different objects and the child (puppy) runs off, collects the object and returns it to their owner. Encourage the children to bark and to wag their tails.



- **Demonstrate**

Demonstrate by selecting an older child who will understand the instructions, throw them a ball to chase and shout 'fetch puppy fetch!'

- **Modify**

Use different objects, balls, hoops, bean bags for the children to fetch, encourage them to use different movements to bring back the objects: running, hopping, skipping, jumping.

- **Correct**

There is no right or wrong way to play this game, as long as everyone is moving everyone is doing great!

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
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PIP POP COPY CAT



- **Equipment**

A large space in the playground

- **Explain**



First a cat (leader) is chosen (start by choosing a willing adult). The “cat” then moves around and all the children and adults have to mimic the “cat’s” actions. Encourage the “cat” to do big gestures and actions for the others to mimic. Then the cat chooses another person to be the cat.



- **Demonstrate**

Using some of the parents and capable children to act as the cat, demonstrate some gestures and actions and encourage the group to copy you.

- **Modify**

This activity is suitable for all ages, ask older children to be the “cat” to begin with and once the younger children have understood the idea of the game then they can also be the “cat”.

- **Correct**

Make sure the other children are copying the leader and that everyone is keeping moving.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
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PIP POP
CATCHING



- **Equipment**

Bean bags and/or balls of different shapes and sizes.

- **Explain**

Parents and children pair up and stand opposite each other about half a meter apart. The adult will pass the ball/bean-bag to their child and if the child catches it each will take a step back. If the ball/bean-bag isn't caught then the game continues but no step back is taken.



- **Demonstrate**

Using either a ball or bean-bag and a volunteer (probably an adult) demonstrate the process of throwing and catching and moving a step back each time.

- **Modify**

Ask adults to throw the ball gently underarm to their child, bigger balls are easier for little children to catch so give bigger balls to those who are finding it difficult. Encourage parents to be patient and give plenty of praise.

- **Correct**

If the child keeps dropping the ball, ask the pair to stand closer together and give them a bigger ball. Remind the child to watch the ball as their parent/carer throws it.

- **Encourage**

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2. Move close to the child
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4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP

GOAL!



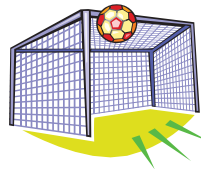
- **Equipment**

Balls

Cones

Several goals or boxes or make goals out of cones

Bats



- **Explain**

Give each parent and child a ball between them and set up one or more goals around the playground with a cone to mark the “penalty spot”. Ask the children to stand at the spot and kick, roll, throw or bat the ball into the goal. Encourage the children to try all 4, kicking, rolling, throwing and batting.



- **Demonstrate**

Demonstrate by standing at the spot and kicking the ball into the goal.

- **Modify**

The more able children can try dribbling the ball using their feet or a bat to the spot and then kicking or hitting it from there. Bigger balls will be easier for children to control, give bigger balls to those who are struggling.

- **Correct**

Ensure the child has the right sized ball, bigger balls make the game easier.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP

TAXI!



- **Equipment**

Hula hoops

- **Explain**



The children each have a hula hoop which they use as a giant steering wheel. You will shout GREEN and they must drive, RED and they must stop, REVERSE and they must drive backwards, TAXI! and they must pick up a passenger (their parent), both parent and child then stand in the hoop and drive around together, DROP OFF, and the parent comes out of the hoop. You can ask the parents to take it in turns to shout the instructions and you will step in to be the passenger.



Demonstrate

Show the children how to hold the hoop as a steering wheel and remind the group of the instructions and show them the actions “GREEN for go, RED for stop, REVERSE go backwards, TAXI, pick up a passenger, DROP OFF, drop off a passenger

- **Modify**

This game is great for children of all ages and abilities, younger children may need their parent/carer to help them steer their taxi and follow the instructions.

- **Correct**

Make sure all the children are moving before you shout out the next instruction.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
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PIP POP

JUMPING THROUGH HOOPS



- **Equipment**

Hula hoops of different sizes



- **Explain**

Give a hoop to each parent, the parent holds the hoop just off the ground and the child jumps/climbs through. Then the parent raises the hoop slightly further off the ground for the child to jump/climb through, as the children get better the parent moves the hoop higher off the ground.



- **Demonstrate**

Ask a parent to hold the hoop off the ground and jump through, or if you have a competent child who is good at following instructions, hold the hoop yourself and ask the child to jump through.

- **Modify**

When children are familiar with the game, parents can line up holding different sized hoops at different levels off the ground, the children can jump through each hoop in the line in turn and then run to the back of the queue and wait for their next turn.

- **Correct**

Check that parents are not holding the hoops too high or too low for their child.

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
6. Seek eye contact
7. Mean it – be sincere and let it show in a warm tone of voice

8. Encourage parents/carers to touch their child gently when giving praise
9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for...'

PIP POP
BUZZY BEES



- **Equipment**

Bean bags

Bucket



- **Explain**

Ask the children to stand in a group together and close their eyes. Ask the parents to put out lots of bean bags all around the playground.

Tell the children that they are buzzy bees, they will buzz around and collect pollen from around the playground and take it back to their hive. The bean bags are the pollen and the bucket is the hive. Tell the children to remember to flap their wings to fly and to make buzzy bee noises. Once all the pollen is in the hive the game can start all over again.



- **Demonstrate**

Show the children how to buzz, fly and pick up some nearby pollen and take it back to the hive.

- **Modify**

Parents/carers can ask the children to move in different ways as they go about picking up the beanbags.

- **Correct**

There's no right or wrong way play the game, as long as all the children are moving everyone is doing great!

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
6. Seek eye contact
7. Mean it – be sincere and let it show in a warm tone of voice

8. Encourage parents/carers to touch their child gently when giving praise
9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for...'



- **Equipment**

Plenty of space

- **Explain**



Tell the group that this pip pop is about exploring nature and the environment. Ask parents and children to walk around the play area taking it in turns to spy something in nature, they can spy colours, shapes, grass, trees, animals, etc. they can use the words “I spy with my little eye...” then the other person guesses what they have spied. The pair must walk around the playground spying different things.

- **Demonstrate**

Walk around looking for something in nature, then say “I spy with my little eye ... (e.g. something yellow)”

- **Modify**

To make the game more active, the person guessing can run on the spot until they guess correctly!

- **Correct**

Encourage children to walk with their parent/carer, not be carried by the parent/carer

- **Encourage**

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Be specific: describe what you like (e.g. wow that was a really fast run/big jump/strong kick... you were fantastic!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
6. Seek eye contact
7. Mean it – be sincere and let it show in a warm tone of voice
8. Encourage parents/carers to touch their child gently when giving praise
9. Give the child a sense of pride with comments such as ‘You deserve to feel proud of yourself for....’

DISCUSSIONS AND HAND-OUTS FOR EACH WEEK

Week 1: What to wear for outdoor play (give hand-out)

Week 2: Giving praise and encouragement (give hand-out)

Week 3: Why physically active play is important (give hand-out)

Week 4: Help your child to move and play every day (give hand-out)

Week 5: Active parents have active kids (give hand out)

Week 6: Outdoor spaces near me

Week 7: Playing as a family (give hand-out)

Week 8: Couch potatoes

Week 9: Games I used to play

Week 10: PiP session times for the next term

WEEK 1: WHAT TO WEAR FOR OUTDOOR PLAY

Before the session, gather appropriate examples of outdoor clothing for parents and children; charity shops and jumble sales are good places to visit. Give the leaflet to parents and go through the information, talk about clothes they already have that are appropriate for being outdoors. Ask the group to discuss what they might need to get for wet/cold days and sunny days and recommend using charity shops/jumble sales to keep costs down. Show the group the outdoor clothing box that children can use during PiP sessions.

WEEK 2: GIVING PRAISE AND ENCOURAGEMENT

Give the parents/carers the leaflet and talk it through with them. Tell them to practice giving praise and encouragement to their children during the PiP PoPs. You will need to go around and remind them during the PiP PoPs and will need to reinforce this by demonstrating encouragement too.

WEEK 3: WHY PHYSICALLY ACTIVE PLAY IS IMPORTANT

To facilitate a group discussion ask the parents/carers:

- why they think active play is important
- what do they think are the benefits of playing outside
- what are the benefits of physically active play for children's health

Give each adult the leaflet and point out the benefits that they have mentioned and highlight the benefits that they missed out in their discussion.

WEEK 4: HELP YOUR CHILD TO MOVE AND PLAY EVERYDAY

Explain to parents and carers that this leaflet is current advice from the British Heart Foundation, it has some useful ideas about how to be active with your child. Hand out a leaflet to each parent/carer and encourage them to share it with other family members when they get home.

WEEK 5: ACTIVE PARENTS HAVE ACTIVE KIDS

Facilitate a group discussion about what their children do to copy them.

- What behaviours have they noticed that their children copy from them?
- Do they copy them when they are playing?
- Most children love to pretend to be their mum or dad, taking baby to the shops in its pushchair, or driving the car to go on a journey; what do their children do?
- Do they copy them in the types of food that they like/dislike?

Explain to the group that it is the same for being physically active and that active parents are more likely to have active children. Explain to the group what physical activity is: physical activity is any movement of the body caused by the muscles which results in using energy. It can include everyday activities such as walking to the shops, and also formal exercise like going to a Zumba class. To get health benefits from physical activity as an adult, you need to be moving "moderately" this means that you feel warmer and slightly out of breath but you can still talk and hold a conversation. Adults need to be doing 30 minutes of moderate activity each day; you can break this down into 3 x 10 minutes blocks to make it more manageable.

Ask the group to talk about the types of physical activities that they do when they are moving “moderately”, and what activities they would like to do.

Give them a copy of the hand-out “physical activity ball for adults” and ask them to circle an activity that they don’t usually do but are willing to try for at least 10 minutes in the next week.

WEEK 6: OUTDOOR SPACES NEAR ME

Ask the group to share about different outdoor spaces near to where they live where they can take their children to be active outdoors. Think about children’s centres, small play parks and large parks nearby and also those further afield e.g. Peel Park and the City Park. Ask parents to share their knowledge of public transport to get to these places. Make a list of all the outdoor spaces and transport links that the group talk about, type this up and give it to them the following week.

WEEK 7: PLAYING AS A FAMILY

Ask the group to share about what they think are the benefits of playing and being active as a family. Make sure the following benefits are given:

- Having fun together
- Bonding as a family
- Being a fit and healthy family
- De-stressing, relaxing and unwinding together

Ask the group to talk about what stops them playing and being active as a family. Then ask them to think of ways to overcome these problems. Give out the list of outdoor spaces that the group made last week and ask them to choose from the list a place they are willing to visit to be active as a family in the next week. Or they can add their own place to the list. Ask them to talk about when they will go, how long they will go for and who they will go with.

WEEK 8: COUCH POTATOES

Explain to the group that spending too much time sitting down can be bad for your and your child's health. Ask the group to come up with a list of activities that they regularly do sitting down e.g. watching TV, chatting and having a cup of tea with friends, working at a computer, playing computer games. Then ask the group to come up with a list of activities that their children regularly do sitting down: watching TV, doing puzzles or craft. Make sure the group includes sitting in a high chair. Explain that these activities are not bad and are important parts of our lives; however it is important not to spend too much time doing them. One activity that many people spend too long doing is watching TV. Ask the group how much time they spend sitting watching TV each day, and how much time their child spends. Ask if they think that they and their children watch too much TV, just the right amount, or not very much.

Then give the group the following guidance from the UK government: for children under 5 years old, **minimise** the amount of TV viewing and other sitting activities, especially those where the child is constrained to a chair/seat e.g. in a buggy, car seat or high chair. For children aged 6 – 18 years, **minimise** the amount of TV viewing and other sitting activities. For adults, **minimise** the amount of time spent sitting. All in all everyone should sit less and move more, no matter how old they are!

WEEK 9: GAMES I USED TO PLAY

Ask the group to share about games that they remember playing when they were children, ask them to use the play equipment available to teach the group how to play the game, ask each person and acknowledge each person who shares a game with a round of applause. As the facilitator you may need to start off with a game that you used to play when you were a child and teach it to the group.

WEEK 10: PiP SESSION TIMES FOR THE NEXT TERM

Remind the group that the PiP sessions will continue next term, for those in the PiP research study they will need to have their measurement/questionnaire visits before then. Tell the group when the PiP sessions will be next term and give them a slip to remind them of the start date and session times. Explain that you will only be there to help set up and take an attendance register, after that they will be expected to run the sessions themselves. They can use the PiP PoP folder to remind them of all the different games they can play with their children, and of course they can make their own games up too



WHAT TO WEAR FOR OUTDOOR PLAY

"There's no such thing as bad weather, only bad clothing" - Scandinavian Proverb



WET AND COLD DAY CLOTHES

- Aim to keep temperatures even across the body
- Wear layers of clothing, trapped air in-between layers insulate and provide heat
- Don't wear denim jeans on wet days, they will get cold and heavy
- Wool jumpers or synthetic fleeces are good under layers
- Wear a wind and waterproof jacket with a hood as an outer layer
- Jackets should cover the waistbands of trousers
- Children's jackets should have a detachable hood that will come off if it gets caught on something
- Wear thick socks, gloves and hat. Mittens keep hands warmer than gloves with fingers
- Wear waterproof boots such as wellies. These should be large enough to wear thick socks and sole inserts to insulate the feet. Check that your child has room to wiggle their toes in their boots
- Do not tuck trousers into wellies but have elastic at the trousers legs so that water is not let in even if jumping in puddles



Hot and sunny day clothes

- Wear a wide-brimmed sunhats, or baseball cap with a piece of cloth that covers the neck
 - Wear light materials
- Wear loose clothing that doesn't cling to the body
 - Wear white or light coloured clothing
 - Remember to use sunscreen



GIVING PRAISE AND ENCOURAGEMENT

WHY IS IT IMPORTANT?

It will help your child to feel good about what they are doing

It will build their confidence

Your child will get more enjoyment out of what they are doing

They will keep up their good work

HOW TO DO IT: 9 STEPS

1. Give the child all your attention
2. Move close to the child
3. Look pleased and share their pleasure
4. Describe what you like (e.g. wow that was a really fast run/big jump/strong kick!)
5. Ask the child what he/she thinks (even if they can't reply at this age)
6. Look into their eyes
7. Mean what you are saying and use a warm voice
8. Touch your child gently when giving praise
9. Give the child a sense of pride with comments such as 'You deserve to feel proud of yourself for....'

It may be hard to introduce all 9 steps straight away. Start by using one or two at first and gradually build up to using all nine.



WHY PHYSICALLY ACTIVE PLAY IS IMPORTANT

Pre-school children who can walk without help need to be physically active for at least **180 minutes** (3 hours) spread throughout the day. This can come from doing everyday activities such as walking with you to the shop and also from playing actively in **free play** (play led by themselves) and in **adult led play**

BENEFITS OF ACTIVE PLAY

- Better movement skills
- Keeps children a healthy weight
 - Better brain development
 - Better bone development
- Keeps hearts and lungs healthy
 - Better sleep
- Helps children to be creative, curious and motivated
- Better social skills , meeting and learning to play with other children
 - Helps children to manage emotions and stress
- Lowers likelihood of symptoms of ADHD (attention deficit hyperactivity disorder)
- Helps toddlers become active children and then active and healthy adults

BENEFITS OF OUTDOOR PLAY

- More space for children to run, be active and let off steam
- Allows children to explore, take risks, challenge themselves and be imaginative
- Children learn about the world around them and nature
- Children learn about themselves, their physical and emotional capabilities
- Fresh air allows germs and infections to spread out and be gotten rid of

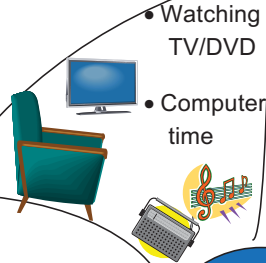
- Children have fun and get lots of enjoyment from being outdoors



PHYSICAL ACTIVITY BALL FOR ADULTS

Inactivity

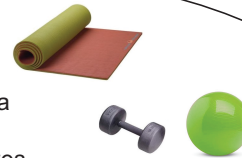
Minimise the amount of time you spend sitting for extended periods.



- Watching TV/DVD
- Computer time
- Strengthening exercises

Strength and flexibility

Do these exercises 2 times a week



- Yoga
- Pilates
- Strengthening exercises

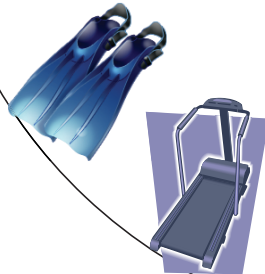
Lifestyle activities

Do these activities everyday



- Housework
- Gardening/yard work
- Walking to the shops
- Climbing stairs
- Playing with the children

- Dance classes
- Swimming
- Jogging
- Cycling



Aerobic activity

Start with 15 minutes of moderate aerobic activity 3 times a week. Work up to 30 minutes 5 times a week. You can do your 30 minutes in 10 minute blocks throughout the day if it's easier for you.

