

MOVEMENT IN A BOX

READY, SET, SWING!
MOVEMENT GUIDE

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QUESTIONS?

Email us at info@movementinabox.com

PRODUCTS Remove all plastic before use.

Foam Rackets

Manufactured in China

Ages 3+

Cones

Manufactured by Kuyou

Ages 3+

Bash Birdie

Manufactured by Flaghouse

Ages 3+

Snowballs

Manufactured by Uratot

Ages 3+

RECOMMENDED FOR CHILDREN AGED 3-6. ADULT SUPERVISION REQUIRED

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WELCOME TO READY, SET, SWING!

Each activity combines learning with Fundamental Movement Skills.

ITEMS INCLUDED IN THIS BOX:



(2) Foam Rackets



Bash Birdie



(6) Snowballs



(6) Cones

SKILLS INTRODUCED IN THIS BOX

Locomotor: Run, Walk, Slide, March, Jump

Stability: Bend, Stand, Turn, Lift, Balance, Reach

Manipulative: Strike, Catch, Toss, Throw

Learning Concepts: Counting, Spatial Awareness, Body Awareness, Body Control,
Turn Taking, Matching, Listening Skills, Reaction Time,
Body Part Awareness

GETTING STARTED

Here are a few reminders to help you get the most out of your experience!

1. Start by letting your child explore each item! Our activities are meant to support your child's play by providing you with fun, research-based ideas, but the best part is letting your child use their imagination.
2. Positive reinforcement goes a long way! Regardless of the outcome of each activity, always remember to encourage their effort.
3. Children ages 3-6 typically have an attention span of just 6-12 minutes! Allowing time for, and encouraging, free play is just as important.
4. Take turns letting your child be the "coach." Children often mimic what they see.
5. Connect activities to their interests. For example, invite their favorite stuffed animal, doll, truck, train, or toy along for a turn!



Scan QR code to learn more
about the science behind each
activity and to see some of our
#movers in action!

LET'S PLAY TENNIS!



Activity 1:

Place 2 cones a few feet apart to create a 'court' for your child to stand in! Gently underhand toss a snowball towards your child and encourage them to hit the ball back to you with their racket.

Tip: As they improve, try tossing multiple snowballs in a row or progress from the snowballs to the bash birdie. Remember, 1-2 hits in a row is great progress for this age group!

Activity 2:

Encourage your child to hold one cone in each hand like large cymbals with the base of the cones facing inward. Gently toss a snowball towards them and encourage them to catch it in between the cones!

Bonus Challenge: encourage your child to hold the rackets and try to catch the snowball in between the rackets!



Activity 3:

Place 4 cones in a line. Use the other 2 cones to create a net across the room. Encourage your child to use their racket to push the snowball across the floor, weaving through the cones or other obstacles, and striking the ball into the net.



DID YOU KNOW?

Striking is a fundamental movement in which children use a designated body part or implement to project an object. Developing this skill helps children improve their sense of spatial awareness, develops hand-eye coordination, and helps teach cause and effect. Learning to strike in early childhood also helps serve as a foundation for several sports and activities later in life such as tennis, baseball, cricket, hockey, golf, volleyball, and much more!

ICE CREAM CONE SCRAMBLE

Activity 1:

Flip over all of the cones and set a timer. Encourage your little one(s) to flip all of the cones so they are upright as fast as possible! The farther you spread them apart, the harder it will be!

Bonus Challenge: assign some people to knock the cones over and some people to flip them back upright. Can one team get all of their cones into position first?

Activity 2:

Place the snowballs on one side of the room and the cones on the other. Encourage your little one(s) to run to the cones and place the snowballs (ice cream) on top of the cones as quickly as possible!

Bonus Challenge: encourage your little one(s) to use both rackets to pinch the snowballs and place one on top of each cone.

Activity 3:

Line up the cones in one straight line with the snowballs on top. Encourage your little one(s) to use their racket to hit the snowball off of each cone. Try not to hit the cone when you strike the ball!





DID YOU KNOW?

Parents and caregivers benefit from playing with their children too! The hormone oxytocin, which plays a role in parent-infant bonding, is released whenever parents engage in affectionate play with their children of any age. Oxytocin is known as the 'hormone of attachment' and can help parents and children relax together, as it counteracts the effects of stress and reduces blood pressure and anxiety.

RACKET BALANCE

Activity 1:

Encourage your little one(s) to balance a snowball on their racket while walking from one side of the room to the other! Can they balance multiple balls at once?

Bonus Challenge: set up the cones in a line and encourage your little one(s) to weave through the cones while balancing the snowball on their racket. Set up two lines of cones for a friendly competition!

Activity 2:

Encourage your little one(s) to balance multiple snowballs on their racket until you yell, "Let it snow!" That is their cue to toss all of the snowballs into the air! Encourage them to pick them up until the next time it starts to snow.

Activity 3:

Place a snowball, bash birdie, or cone on top of the racket. Encourage your child to try to toss the item up in the air and then catch it back on the racket. Start with low tosses and progressively toss higher!





DID YOU KNOW?

When children are encouraged to slow down and focus on controlled movements, they are given the opportunity to develop a deeper awareness of their body. It allows them to work on their concentration and critical thinking, learn more about how their body moves and reacts, and understand how they can control it.

HEAD, SHOULDERS, KNEES AND CONE!

Activity 1:

Encourage your little one(s) to stand with a cone in front of them. Call out various cues such as, "Touch your head, touch your knees, touch your toes!" When you say, "Touch the cone!", see how quickly they can pick up the cone!

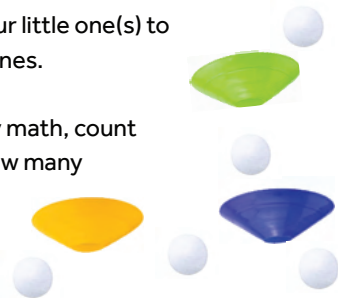
Bonus Challenge: place the cone in between two people (siblings, friends, adult & child, etc.) and have a leader give cues such as "Head, shoulders, knees." When they say, "Cone", see who can pick up the cone first. Remember, having fun is much more important than winning or losing at this age!

SNOWBALL TOSS

Activity 1:

Flip all of the cones upside down. Encourage your little one(s) to toss the snowballs and have them land in the cones.

Bonus Challenge: for a fun way to practice early math, count how many snowballs landed in the cones and how many missed the cones!





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