

*Learning together...*

**Curriculum Area:** Movement

**Recommended for:** 2 years plus

**Learning Activity:** Row Your Boat

## Big Idea:

Balance and Coordination



## What to do:

Sit opposite your child, holding each other's hands. Move both of your arms forwards and backwards (in a rowing action) repeatedly as you sing 'Row, row, row, your boat, gently down the stream, merrily, merrily, merrily, merrily, life is but a dream. Row, row, row your boat, gently down the stream, if you see a crocodile, don't forget to scream'.

## Benefits:

The forwards and backwards motion of this song provides vestibular input to the body, which supports balance and coordination, as well as strengthening our muscles, including those in the eyes. By holding hands and alternately pulling each other backwards, proprioceptive input is also received by the body. This is a form of deep pressure which provides sensations of calm and groundedness.

## Links to Early years learning Framework:

Outcome 1.1: Children feel safe, secure and supported

Outcome 1.2: Children develop their emerging autonomy, inter-dependence, resilience and sense of agency.

Outcome 3.2: Children take increasing responsibility for their own health and physical wellbeing

Outcome 4.2: Children develop a range of skills and processes such as problem-solving, inquiry, experimentation, hypothesising, researching and investigating.