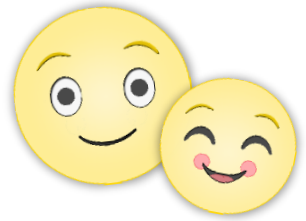


# Let's get...



## MOVING

These prompt cards are ideas for movement activities.

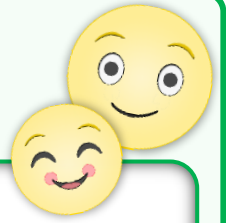
As well as being good for the body, movement and exercise are also an important part of a healthy mind!

We hope this helps!



Let's get...

**M O V I N G**

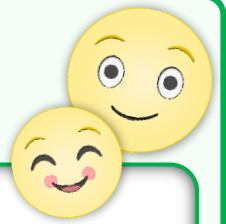


Play a  
game at  
the park!

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Let's get...

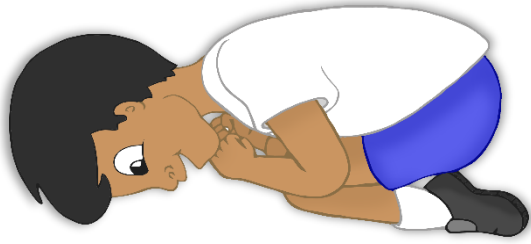
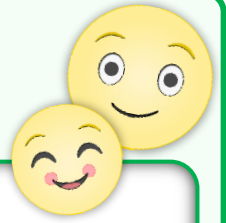
**M O V I N G**



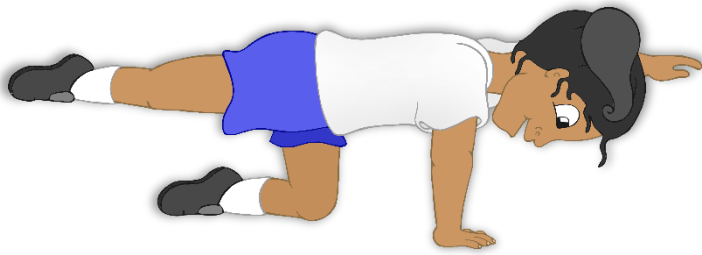
Dance to  
some  
music!

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Let's get... **M O V I N G**

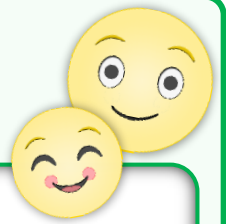


Try some  
yoga!



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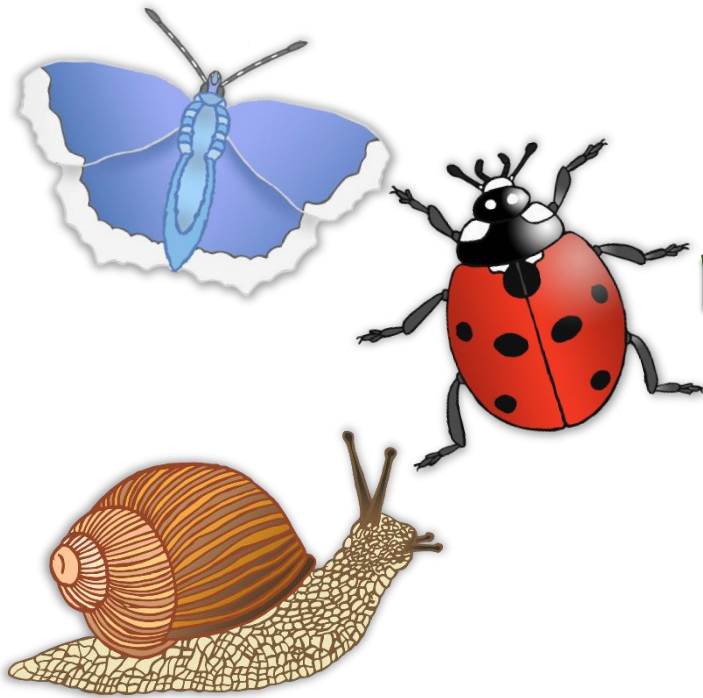
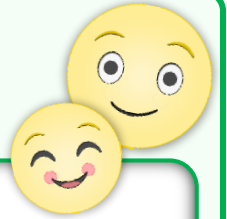
Let's get... **M O V I N G**



Go for a  
walk!

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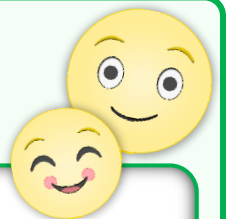
Let's get... **M O V I N G**



Go for a  
nature walk  
to find  
minibeasts!

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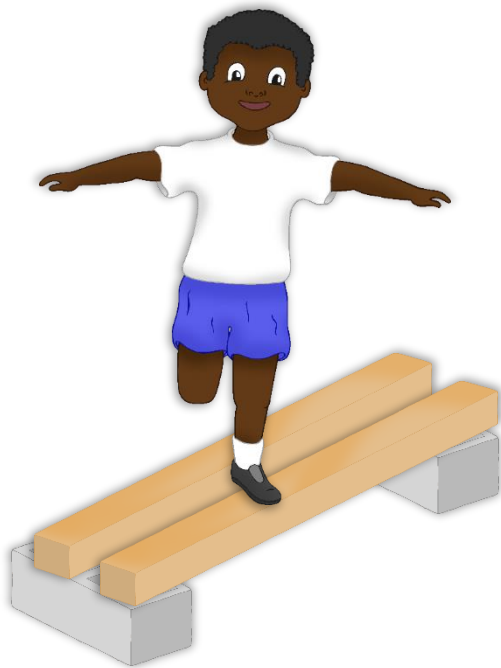
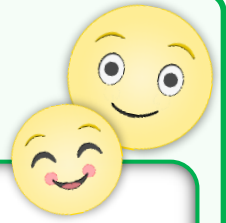
Let's get... **M O V I N G**



Do some  
gardening!

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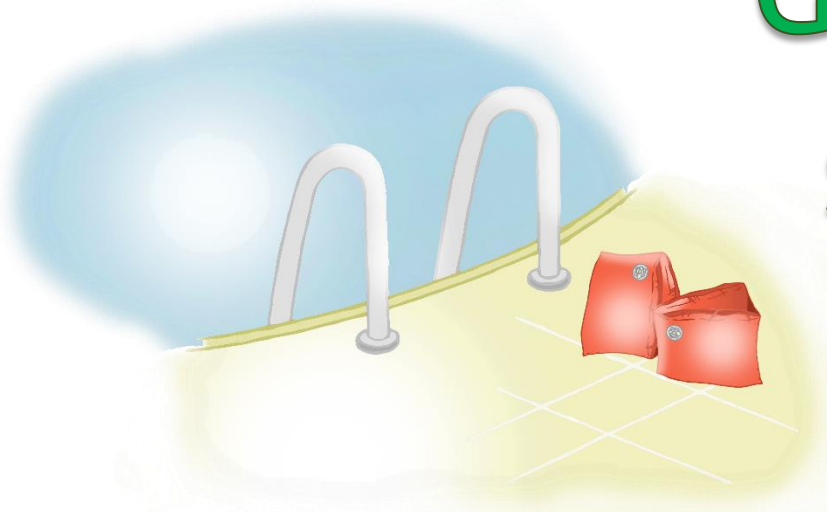
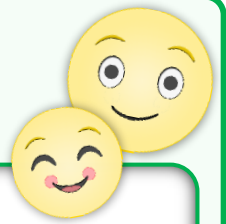
Let's get... **M O V I N G**



Make an  
obstacle  
course!

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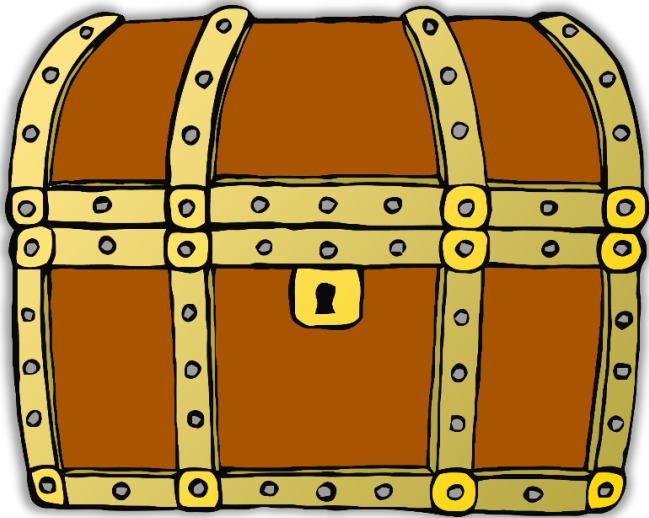
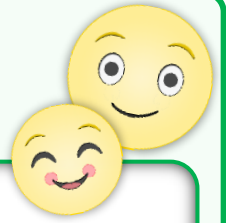
Let's get... **M O V I N G**



Go for a  
swim!

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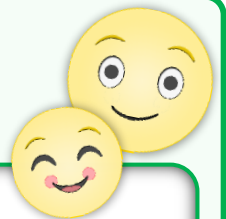
Let's get... **M O V I N G**



Enjoy a  
treasure  
hunt!

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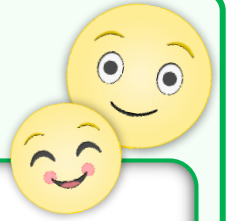
Let's get... **M O V I N G**



Play hide  
and seek!

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Let's get... **M O V I N G**

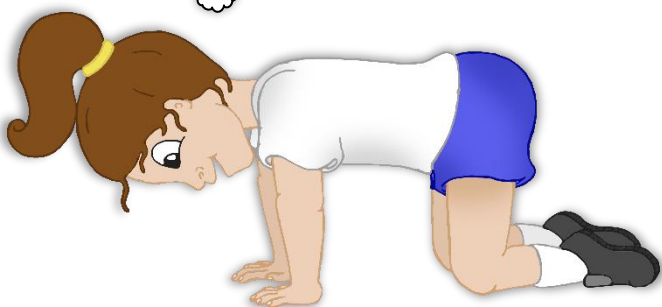
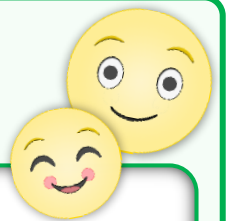


Play on  
ride-ons!

*Tricycles, bikes,  
scooters*

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Let's get... **M O V I N G**

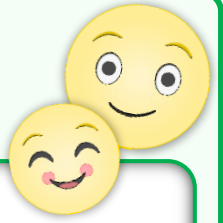


Role-play!

*Move like a...*

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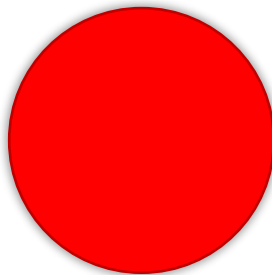
# Let's get... **M O V I N G**



Run to the  
triangle!

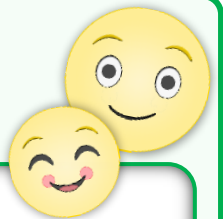
Go on a  
maths  
hunt!

Find a  
circle!



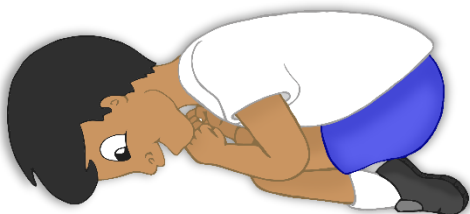
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# Let's get... **M O V I N G**



See the little  
bunny rabbits...

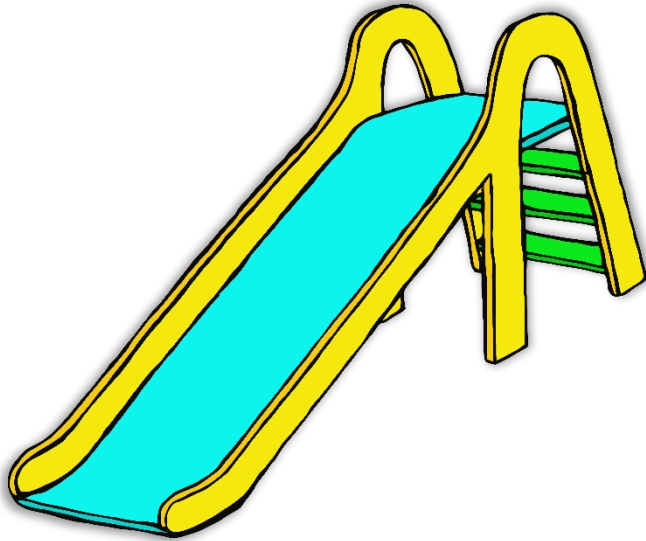
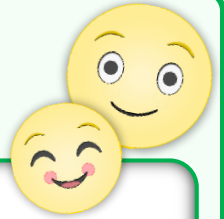
Act out  
nursery  
rhymes!



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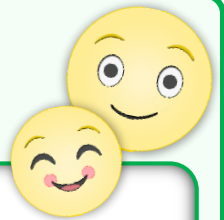
Let's get... **M O V I N G**



Play on  
playground  
equipment!

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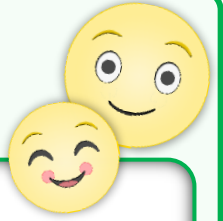
Let's get... **M O V I N G**



Help with  
household  
chores!

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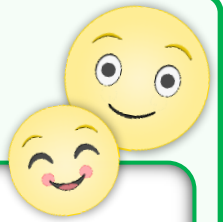
Let's get... **M O V I N G**



Run a  
race!

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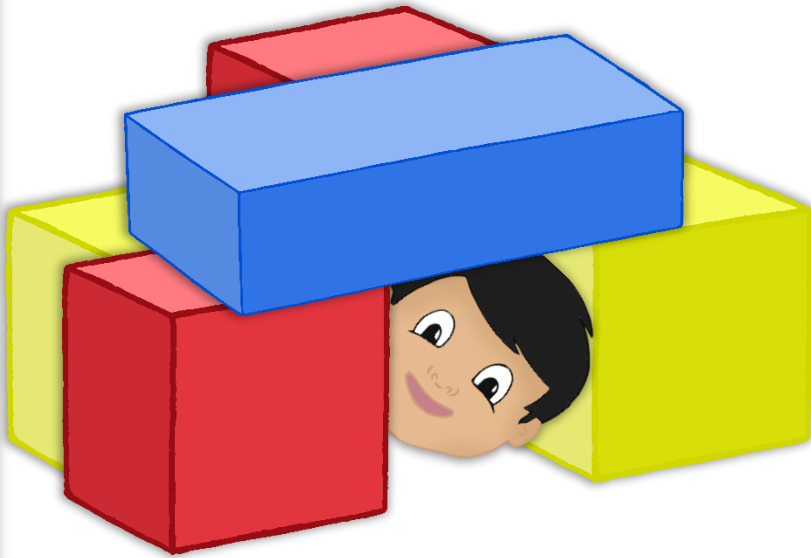
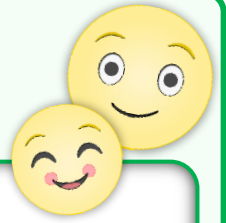
Let's get... **M O V I N G**



Bounce a  
ball!

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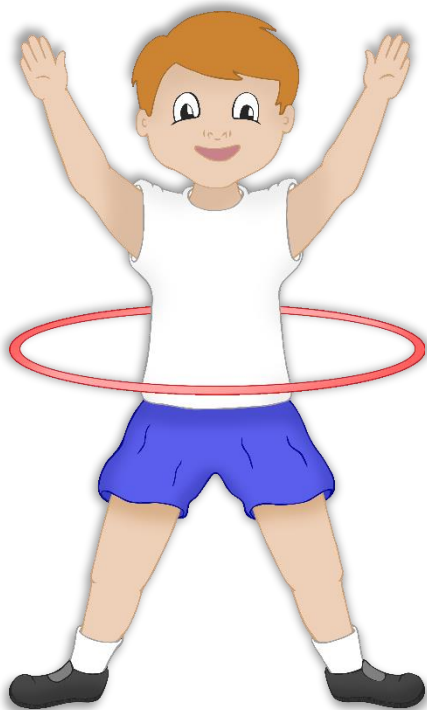
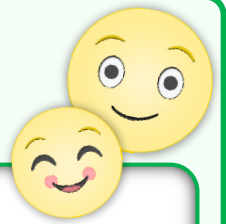
Let's get... **MOVING**



Build a  
den!

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Let's get... **MOVING**

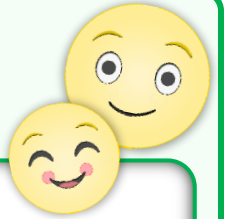


Practise  
hula  
hooping!

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Let's get...

**MOVING**

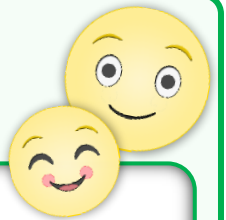


A large, empty rectangular box with a green border, intended for writing or drawing.

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Let's get...

**MOVING**



A large, empty rectangular box with a green border, intended for writing or drawing.

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