



Cricklade Manor Nursery

The Little Woodland Explorers at Home

At Cricklade Manor Nursery, the Little Woodland Explorers represent 1 of the 7 areas of the EYFS curriculum. We use these to help children learn the essential skills needed to build foundations for learning and development.



Sporty Squirrel - “who keeps busy through physical development.”

‘Sporty Squirrel can hop, skip, jump and run. Squirrel is fit and loves having fun.’

Physical Development:

Is key to helping children grow up happy, healthy, and active. It’s not just about running and sports; activities like crawling, dancing, and crafting build strength, coordination, and confidence in a fun and engaging way.

What Sporty Squirrel Activities Can You Do At Home?

Check out these 6 fun ideas on how you can encourage Sporty Squirrel activities at home:

1	Obstacle Course	Create an indoor or outdoor obstacle course with tunnels, soft climbing structures, and balance beams. This activity enhances core strength, stability, balance, and coordination.
2	Interactive Story Time	Read stories that involve actions and movements, encouraging children to act out parts of the story. This supports gross motor skills, spatial awareness, and agility.
3	Dance Party	Play some lively music and let the children dance freely. You can introduce simple dance moves like jumping, spinning, and clapping. Dancing helps with balance, agility, and gross motor skills.
4	Sensory Exploration Stations	Set up different stations with various textures, shapes, and sizes for children to explore. This can include sand, water, playdough, and textured balls. Sensory play helps develop fine motor skills and positional awareness.
5	Animal Walks	Encourage children to mimic different animals by slithering like a snake, hopping like a frog, or galloping like a horse. This activity helps develop gross motor skills and coordination.
6	Balloon Keep-Up	Have children try to keep a balloon in the air using their hands or a pool noodle. This activity is great for developing hand-eye coordination and reaction time.

We hope you and your little ones have fun with these activities. Tag your Sporty Squirrel moments to our [Nursery Facebook Page, CLICK HERE](#) - we’d love to see them!