



## **Non-Locomotor Get Up and Go! Activities**

There are lots of ways to move and be active. Movements done in one place are called Non-Locomotor movements. Examples of these types of movements include:

### **Bending and Curling**

- Have children bend at the waist forwards and backwards, and from side-to-side.

### **Stretching**

- Have children stretch up high, stretch forwards, stretch backwards, and from side-to-side.

### **Balancing**

- Have children balance on one foot.
- Have children sit on the floor with their feet up in the air and their arms supporting them from behind.
- Have children get down on all fours and pick up one hand and one foot at a time.

### **Turning and Twisting**

- Have children twist their upper bodies to the left or right while keeping their feet stationary.
- Have children turn their whole bodies to the left or right.