



HEY DUGGEE - THE FOOTBALL BADGE

by Ladybird



It's time for a game of football! Duggee is teaching the squirrels how to play, but the ball keeps going in the wrong direction. How will they ever score a goal?



Listen to Hey Duggee's Kick Song on CBeebies Radio
www.bbc.co.uk/cbeebies/radio/hey-duggee-kick-song-radio

Play ball games to boost language.

Did you know that ball games don't just help children with their motor development, they can also help develop language and social skills?

Passing a ball back and forth helps children understand whose turn it is next, and teaches them about sharing, playing together and being inclusive. These are important social skills necessary for a successful conversation.

Watch the video to find out about the many other ways passing a ball can help boost your child's language.

If you don't have a ball, don't worry! Why not try the games in the video with some rolled-up socks, a cushion or a teddy.

www.bbc.co.uk/tiny-happy-people/passing-the-ball-game/zrmnsk7



<https://shorturl.at/jvyFT>

Physical activity in early years.

Active children are healthy, happy, school ready and sleep better. Children aged one to five should aim for 180 active minutes each day. This could be playing outside, scooting or dancing.

Don't forget every movement counts!

Read this handy guide about what your little one can do for their active minutes.



I've Got a Body (Get active with this song all about our bodies.)

***I've got a body, a very busy body,
 and it goes everywhere with me.
 And on that body I've got a nose,
 and it goes everywhere with me.
 With a sniff, sniff here,
 sniff, sniff there,
 sniff, sniff, sniff, sniff everywhere!***

Repeat verse one and use hands that clap and feet that stamp. What other things can you do with your body?



www.bbc.co.uk/teach/school-radio/eyfs-nursery-rhymes-songs-ive-got-a-body/zh47dp3