

5 Easy Steps to Running Energisers!



Energisers are short, high energy activities aimed to get children "huffing and puffing". They are designed to be quick and easy to run both inside and outside, with minimal (or no) equipment or set up time required.

Here are 5 easy steps to get Energisers happening in your service!

HELPFUL TIP

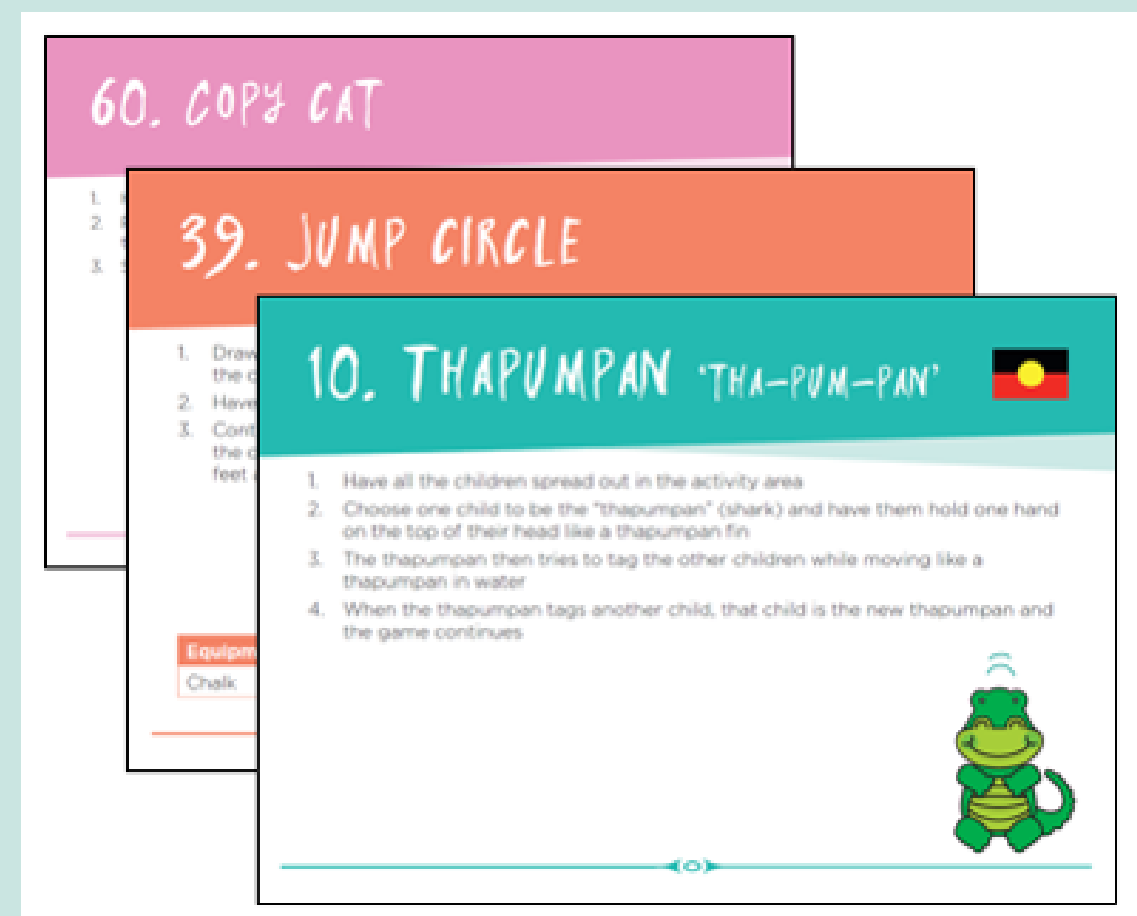
Run Energisers as:

- Transitions
- Part of group time
- To build on child interests and learning
- Or on their own!

1 Choose an Energiser card from the box. There are 5 categories: no equipment, equipment, music, screen and favourites

2 Follow the instructions on the card to run the Energiser with the group. Aim for 5mins per energiser!

3 Join in and have fun with the children, encouraging them to be as active as possible



4 You can modify each game as needed to suit the children's abilities, weather and space available

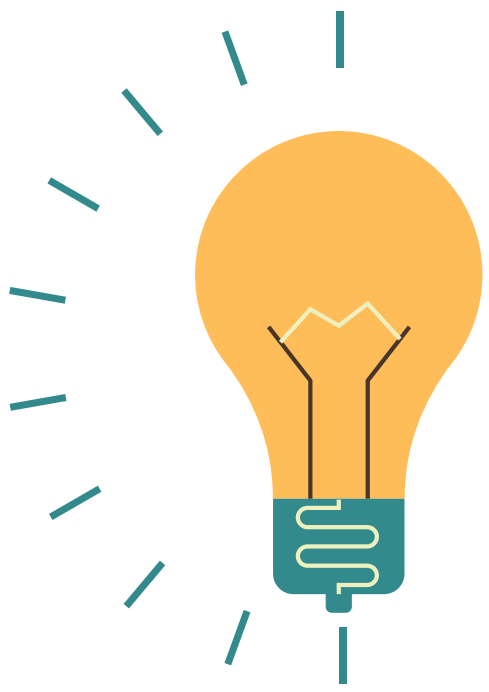
5 Once over, put the card back in the box, or add to the favourites section for easy finding next time!



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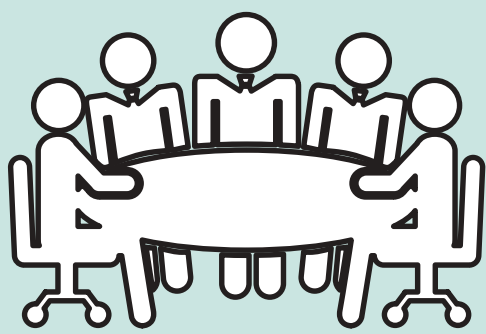
Incorporating Energisers Into Your Daily Routine!



Energisers are a great way to help children aged 3-6 years reach the recommended 60 mins of "huff and puff" physical activity each day without disrupting your usual routine.

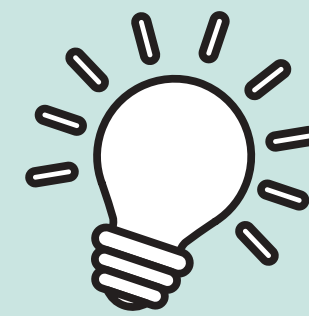
Here are some useful tips to help you incorporate Energisers into your service:

1



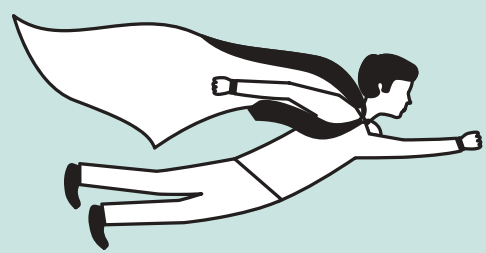
Discuss the value of Energisers as a team at your next staff meeting

2



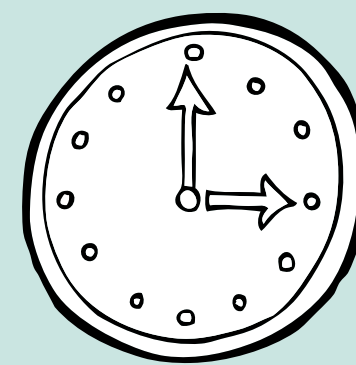
Talk with your Educators about how they might fit Energisers into the day

3



Consider appointing someone as the Energiser Champion to choose and run the energisers each day (this could rotate amongst Educators)

4



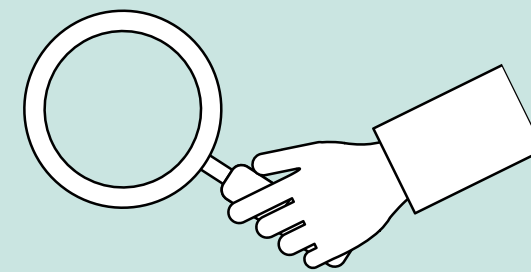
Consider scheduling Energisers into your daily routine

5



Involve children in choosing or modifying Energisers

6



Review how the Energisers are working on a regular basis (e.g. at staff meetings)



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