



MoovFINLAND

MOOVKIDS Finnish Early Childhood Education Curriculum

Ten Lessons / 60 Activities

1 My Body & Me

Move To the Beat
Rocking in Tuck
Beanbag Kick & Catch
Long Rope Skipping
As Long as a Rope
Jump the Rope

2 Hit the Target

Dodge Ball
Throwing a Ball
Aim & Kick
Beanbag Throw Into Hoops
Target Ball Throwing
Cone Tower

3 Move & Stop

Musical Statues
Hop & Stop
Ball Drag
Roll & Stretch
Hop, Jump & Over
Jump, Land, Balance

4 Workout Buddy

Catch the Mouse's Tail
Jump Half-Turn with a Partner
Beanbag Copycat
Partner Hoop Rolling
Topsy Turvy
Double Decker Partner Balance

5 Magical Moves

Running Relays
Skipping Around
Stretch Body Shapes
Hopping About
Hopscotch
Musical Balance

6 Move with Friends

Musical Statues
Circle Ball Throw
Windmill
Toss the Beanbag Game
Beanbag Zig-Zag
Catching a Dropped Ball

7 Balancing Me

Balancing on Different Body Parts
Stork Balance
Balancing Obstacle Course
Balancing Throw & Catch
Balance Challenge
Making Bridges

8 Rolling Around

Dribble a Ball
Side Roll
Partner Rope Roll-in
Basic Forward Roll to Tuck
Moving Target Throw
Partner Log Roll

9 Here, There, Everywhere

Ready, Set, Go
Throw, Bounce, Catch
Backward Ball Throw
Rope Hop Over
Overhand Bounce & Catch
Do This, Do That

10 Move in Time

Rope Run Through
Punt a Ball
Listen & React
Beanbag Snatch
How to Duck
Rope Jumping