Move with Peppa™

Brought to you by tumuv

Week 6: Watch 'The Playground'

Practise the 'Peppa Steppa'

Practise some 'Rebecca Rabbit Hops'

Try some 'Mummy Pig Leaps' across the room

Week 5: Watch 'Tidying Up'

Try some 'Pedro Pony Gallops' outside

Practise some 'Danny Dog Dodges'

Week 4: Watch 'Daddy Gets Fit'

Practise some 'Daddy Pig Dribbling' outside

Run like Richard Rabbit around the room 3 times

Week 3: Watch 'Very Hot Day'

Do 20 'Peppa Puddle Jumps'

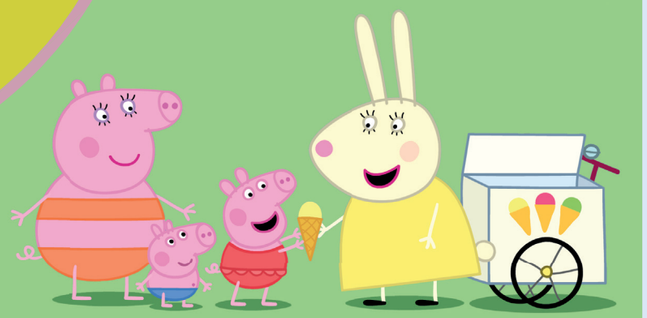
Do 'George's Dine-saw Walks' around the room

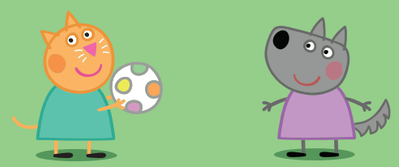
Week 2: Watch 'The Museum'

Practise some 'Zoe Zebra throwing and catching'

'Candy Cat Crawl' around the room

Week 1: Watch 'Fancy Dress Party'





Grown Up Instructions

Help your little ones 'Move Like Peppa'

1. **Watch the Episode BEFORE each class.**

Remember to Peppa Puddle Jump when someone snorts!

2. **Do the activities in the muddy puddles** (see descriptions below)

Give your little one a sticker when they complete an activity

★ Teaching Points ★

Peppa Puddle Jumps:
Bend knees, use arms

Richard Rabbit Runs:
Busy legs, fast arms

George's Dine-saw Walks:
Walk around, arms out straight, big snapping action

Candy Cat Crawls:
On all fours, tummy facing floor, opposite hand to knee

Danny Dog Dodges:
Move side to side, from one leg to other, bends knees

Suzy Sheep Skips:
One leg at a time, knees high

Pedro Pony Gallops:
'And 1, and 2, and 3, and 4 rhythm' Knees high, back straight

Rebecca Rabbit Hops:
Balance on one leg, bend knees to hop and land

Daddy Pig Dribbles:
Little touches of the ball using inside of foot. Ball close

Emily Elephant Lunges:
Big long steps, bendy legs

Mummy Pig Leaps:
Long legs, leap from one leg to other

Zoe Zebra Throws:
Throwing and catching

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Astley Baker Davies
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