

Move Like a Bug

Learning objectives:

Learn more about the insects you can find in the garden or local area.

Develop balance and different ways of moving and travelling.

Experience joy in a physical activity





Practitioner knowledge:

Minibeasts play a really important role in our world, even if they're small and easy to overlook.

Bees and butterflies help plants and flowers grow by pollinating them. Ladybirds keep aphids under control, protecting our fruit and vegetables. Worms and beetles improve the soil, helping more food to grow, while spiders help manage flies and other insects.

Taking time to watch and learn about the creatures in our homes and gardens can help children feel more connected to nature. It also encourages them to care for wildlife and look after the places where these minibeasts live.



Activity:

This activity can either be done as part of a bug hunt, mimicking the movements as children find the bugs, or just as a fun movement game!

Can you?

- Dance like a honeybee (wiggle your bum! this is how bees tell each other where to find pollen)
- Wiggle like a worm
- Slide like a slug
- Flap like a butterfly
- Roll into a ball like a woodlouse
- Crawl like a ladybird
- Freeze like a spider
- Wiggle your fingers like a centipede
- Put your arms in the air with your fists closed like snail eyes