

## Paper Plate Pushing



Children love pushing on paper plates to slide them all over the floor! They can either push with two hands, pressing the plate to the floor while standing on their feet or push while on their knees. Children can push around cones, to and from boundary markers, or race each other across the floor!

**Aims:** Develop muscular strength and endurance

### Materials

- Decorative, brightly colored, and sturdy paper or plastic plates, one per child
- Cones or other boundary markers

*Tip:* Glue felt on the back of a tray for quieter sliding on tile floors.

**Preparation:** None

### Presentation

Bring the children together to introduce the activity. Introduce the terms “push” and “slide” and have a conversation about why it is good for our bodies to work hard pushing.

Demonstrate how to push a plate to make it slide across the floor. Place two hands on the plate to push. Demonstrate how it is possible to push with the knees on the floor or push while staying on two feet. Children may push in any direction, fast and slow. Give each child a paper plate and send him or her off to push. Start the children pushing and when they show fatigue, signal for the children to rest. Have them sit on their plates while resting, and then say, “Go push” again.



### Variations

*Easier:* Increase the resting time. Make the boundaries of the plate pushing area small.

*Harder:* Decrease the resting time. Set up cones so the children can push from one cone to another, stop or go around it, and come back to the starting place. Move the cones close together to make the task easier. Increase the distance between cones to make the activity harder. Set up a line of cones and have the children weave in and out of them. Time children’s trips through the cones and see if they can improve their own times on the next try!

### Extensions

Challenge the children to push two plates, one plate under each hand.

Give this activity another purpose. Place objects on the children’s plates and have them push all around the play space, keeping the object on the plate. Use balls, small toys, or colored Popsicle sticks. Combine this activity with any Carry Game. Have children push from one end of the play space to the other and back, finding and matching numbers, sock pairs, or *Go Fish* cards!

# Paper Plate Pushing

Independent Work  
from the Movement Shelf



**Age:** 2 ½ +

**Aims:** Develop muscular strength and endurance

## Materials

- Sturdy paper plate or a plastic tray
- One basket

*Tip:* Glue felt on the back of the plates or trays

**Preparation:** None

## Presentation

Bring the child and the work to the rug. Introduce the term “push” and have a conversation about why it is good for our bodies to work hard pushing. Demonstrate how to push a plate or tray around the room. Use both hands to push. It is possible to push with your knees on the floor or push while staying on two feet. Quietly push the plate across the room, around tables, or up and down the hallway. Just keep pushing until you feel you have pushed enough!

**Points of emphasis:** Pushing with purpose, monitoring how the body feels, steering around other children’s work.

**Points of consciousness:** Pushing is hard work!

## Variations

*Easier:* Push only one plate, using two hands.

*Harder:* Play *Push and Pull Baskets*

## Extensions

Add an object to keep on the plate as the plate is pushed around the room. Challenge the child to push with one plate under each hand.

Add Plate Pushing to any matching work, sorting work or Carry Game! Push moveable alphabet letters across the room and build the words far away from the letter box. Fetch golden beads on the plate and push them across the room rather than carrying a tray.

