

Movies Activity Sheet

Child's name:

Body awareness and coordination

These activities have been put together to practice and improve coordination skills and body awareness. These skills are needed to navigate around the environment.

These should be carried out in any order and should ideally be practiced about three times a week for about 10 to 15 minutes. Alternatively they could be incorporated into P.E.

Equipment needed

- Medium sized ball
- Tennis ball
- Bench / apparatus to jump from

1. Simon Says

Child is able to identify body parts as directed by an adult, e.g., touch your left arm.



2. Star jumps

Child to complete star jumps. Begin with legs only. Once achieved bring arms in. If struggling complete slowly with child prompted to be a soldier standing straight, then a star. Continue slowly.

3. Ball pass

Child to pass a ball around their body. Adult to reinforce over, around, behind, under and through.

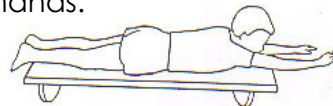


4. Animal walks

Child to adopt animal positions and move as animal does, i.e. move like a seal, extend arms, lean on arms and pull body along floor, etc

5. Bench pull

Child lies on low bench on tummy or back. Child pulls self along bench using hands.



6. Body roll

Child lies straight with arms above head. Child rolls over and over trying to move body as one.

Child can hold a ball or ring while rolling and once roll is completed they could lie on their backs and bring self to sitting whilst holding the ball and then throw at a target.



7. Body image

Child to draw around partner's body on large piece of paper. Child to label body parts.

8. Dog with sore paws

Child crawls around pretending to be a dog. Adult directs child to lift right hand/left hand, right knee/left knee. Child to continue moving.

