



## Week 1 Handout

Movement games to build up core stability, shoulder strength and crossing the midline

### Crazy Crabs

#### Instructions:

1. You might want to link this into a story theme, something like 'Commotion in the Ocean'.
2. Show the children the crab shape - On hands and feet, tummies up.
3. Ask the children to move around in this shape.
4. Start off the moving backwards and forwards (even though a crab moves sideways, it is much harder for children to move that way).
5. After children have become quite confident and competent at moving like this, introduce sideways movement.

### Flip it

#### Instructions:

1. Show the children two shapes, one tummy up, one tummy down.
2. Children choose the shape they want to make.
3. When the teacher says, "Flip it" children have to turn into the other shape by rolling one hand and leg over without letting knees or elbows touch the floor.
4. Once the children have mastered it on the spot, can they flip from one shape to the other in the length of the hall?

### Seated Volleyball

(Equipment needed: balloon)

#### Instructions:

1. You might want to start by showing children a video of seated volleyball, which is a Paralympic sport.
2. Play with a partner sitting opposite each other.
3. Give the child a balloon. They have to try and pass the ball backwards and forwards between each team.
4. How many passes can they get perform in 30 seconds?
5. The balloon can be struck with both hands and feet.
6. Restrict which hand or foot can be used.

Encourage the children to keep their feet off the floor.



## Set the Table

(Equipment needed: paper plate or cup)

Instructions:

1. Children make a table shape. Tummy up, weight on hands and feet, knees bent.
2. Place a paper plate or a small cone (small side down) on their tummies. Can they keep it up? Encourage children to make the table as flat as possible, tummies up, this will work their core and shoulder girdle muscles.
3. Once they are successful at this, ask them to move around without dropping the plate/cone. Can they lift off a foot or a hand?

## The Grand National

(Equipment needed: chair)

Instructions:

1. Talk to the children about the Grand National race.
2. Tell them that the horses have to gallop and jump some very high fences.
3. Children sit on their chairs, holding onto the sides.
4. Ask them to pretend to gallop, this will involve lifting their feet off the ground making a running action.
5. Tell them they are getting near to a jump. When they get to a jump they must hold onto their chairs and lift their bottoms off the seat.
6. Talk to them about the highest jump called “the chair”, when you get to that one shout, “The chair” children have to hold their bottoms off the seat for 5 counts.

Talk to the children as if you were commentating on the race to make it exciting for them.

## Under, Over

Instructions:

1. Use a large space. Play with your child, number yourselves 1 and 2.
2. Number 1 makes a bridge.
3. Number 2 crawls under it. Ask the child to lie on their tummy and use their elbows to pull the body under the bridge.
4. Once number 2 has gone through number one’s bridge, repeat with number two making a bridge.
5. Keep repeating.

You could set up an obstacle course using cushions and chairs etc. which children can crawl around.

## Skateboard Fun

(Equipment needed: skateboard)

Instructions:

1. Ask the child to show you all the ways they can move on the skateboard (not standing)
2. Ask the child to show you how they can pull and push themselves around using just their hands, no elbows or feet. Try using both hands or just one hand.
3. Ask them to sit on the skateboard and push themselves around using both feet at the same time. Then just one foot at a time.

## Strong Tummy Alphabet

(Equipment needed: cloth, cards with letters on)

Instructions:

1. Start on all fours with a cloth under preferred hand
2. Slide the cloth along the floor, keeping the rest of the body straight.
3. Draw a shape with the cloth
4. Write a letter with the cloth
5. Write letters far away from the body
6. Write words on cards, ask children to slide their hand towards a word
7. Sit on the cloth and wriggle to move across the floor

## Roll up, roll up

(Equipment needed: large towel, skipping rope or string)

Instructions:

1. Ask the child to lie on the floor on their back, roll onto their tummy and back again.
2. Roll in both directions
3. Lie on a large towel, hold the edge and roll, wrapping themselves in the towel
4. Make a line with the skipping rope. Ask the child to lie down with their head just under the line, can they roll and keep their head under the line the whole time?
5. Ask the child to roll keeping their knees, waist or feet on the line
6. Make the rope into a curved line and repeat the above.

## In and Out

(Equipment needed: skipping rope or string)

Instructions:

1. Make a circle with the skipping rope and ask the child to stand in it. Can they put one foot outside it?
2. Can they put one knee and one hand outside it? Can they put two hands outside it? Ask them to come up with some other ideas.
3. Can they put one foot inside and one foot outside the rope and jump around the edge of the circle?
4. Can they put one hand in the circle and walk their feet around the outside of the circle?
5. How far away from the edge of the circle can they reach while keeping one part of their body in the circle?



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