Examples of how equipment available in all schools can be set out

Warm ups

1. Large and small circular movements with arms. Forwards and backwards (shoulder height). Slow, fast.

2. Arms outstretched with sponge ball in and squeeze 10 times. Alternate hands.

3. Squeeze ball with arms outstretched (in front) with both hands.

4. As above, but with arms above head.

5. Sit down, knees bent, arms behind and palms on floor to support sponge ball between feet. Raise legs and hold for 10 seconds. Repeat.

Children to choose a mat for warm up exercises. In 2 groups, knee walk following the direction of mats and bounce ball using alternate hands. Walks to try: heel and toe, side step, crawling and jumping. Wind down with co-ordination exercises.

To improve:
- Shoulder and pelvic stability
- Hand, eye and foot co-ordination
- Balance
- Visual and spatial awareness
- Ability to follow instructions

Other Setup Options

1

2

3

4

Instructions:
Crawl, crawl while pushing balloon, push ball with head and crawl on tummy.

5

Instructions:
- **hoops -** jump, hop, side step, bounce ball, beanbag
- **mats -** knee walking, heel or toe, side step, with stick and ball

6

Instructions:
Pull along on tummy, heel or toe walking, side step, crawl, step ups

7

Balance and co-ordination activites

Instructions:
- Use the physio roll as a wheelbarrow support or sit astride with partner to move along the mat
- Use beanbags for co-ordination activities

Children's own choice / plan for an obstacle course

1

Children need to find own paths in and out of the course whilst on the scoot boards.

- Bounce the balls using alternate hands, then use feet to control the ball.
- Then play 'Follow the Leader' to aid visual and spatial awareness.

2

Posts:

- Follow the path by walking, running, hopping or skipping.
- Bounce ball using one hand, both hands and alternating (for spatial awareness and hand eye co-ordination)
- Control ball using one foot, both feet and sides of feet

Warm ups on mats:

- Balancing on one leg (alternate) with/without vision
- Balance on 4, 3 and 2 points

3

Benches:
Throw or catch ball when walking or side stepping

Physio ball:
- Hug physio ball and put hand in small of back
- Roll child around (perception)
- Child to raise arms/legs/head

Scoot boards:
Use to follow course whilst laying or sitting on boards. Aids shoulder girdle strength,. arm and wrist strength, upper leg strength, upper leg muscle building and spatial awareness

Warm ups on mats:
- Lay legs across ball whilst on back
- Reach for beanbags on opposite sides

4

Warm ups on mats:

- Hand exercise with sponge balls. Circular arm movements. Slow / fast, small / large. Pass sponge ball around body. Pass to neighbour in sequence.
- Scoot boards: to lay and sit forwards and backwards using 2 hands keeping within own personal space.

5

Mats:

- Lie completely straight with arms unbent. Place ball in hands.
- Child to use knee to roll down mat.

Hoops:

- Hop/jump backwards .
- Bounce ball using 2 hands in each hoop.

variety of weight and size balls

foam balls

mats

W**arm ups:**

crawling, walking, jumping forwards and backwards using all mats.

6

Mats:

- Try heel or toe walk, tiptoes, heels, side step and knees
- Use hockey sticks and treat like crazy golf course. Keep good control of ball

Tunnels:

- Crawl on knees, back and backwards
- Crawl and push ball with head

Hoops:

Run, or walk forwards and backwards through large and small spaces

7

Bubble wrap:

- Roll or walk (tactile)
- Pop using fingers and toes

Mats:

- Heel or toe walking, knee walking and side stepping
- Use hockey stick and ball to aid hand/eye co-ordination

bubble wrap

hoopsl

mats and beanbags

Mats:

- Put bean bag on foot (alternate) and throw into hoop
- Lie on tummy, use one hand to throw bag into hoop (alternate) and then use both hands

Improves:

- Balance and visual spatial awareness
- Shoulder stability

8

Benches:

- Lay on stomach, arms outstretched and pull along benches. Jump off at end (star jump)
- Crawl along benches under hoops
- Negotiate hoops without input
- Pull along bench 1, crawl on bench 2, tip toe and climb over hoop 3

Scoot board activities:

- Include pushing backwards

9

Mats:

- The children are to do usual activities but moving diagonally across the mat

10

Hoops:
Children to stand in blue hoop, face opposite partner, bounce, roll or throw ball, then turn round and bounce ball x number of times with one hand and then 2 hands into each hoop. Turn your back and start again without leaving the hoop. You can vary the difficulty by alternating partners or moving as a sequence.

Children to climb or jump over bars, then climb forwards and backwards through hoops. Vary difficulty by having a bean bag on head or bouncing, throwing or catching a ball.

11

Tunnels:
Crawl whilst pushing ball with head
Benches:

- Various movements eg. walking, crawling, side stepping, pulling along benches. ask child direction they want to go eg. forward, left, right, etc.
- Say which direction child is to take. Give 2 or more instructions.

Mats for warm up exercises (balance, etc).

Bench Designs

Bench Designs