

Lesson 2 : Movement and Balance

Physical Development - Building Understanding

Stevie



For this lesson you will need

- Comfortable clothes
- A clear floor space



Let's get ready

- Find a **quiet, clear space** to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the **right clothes** for sport & physical activity.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



Warm up...

Clap

Stretch

Shake

Clap your hands, stretch your arms up and shake all over to get your muscles ready (warm up can last between 2 & 5 minutes).



Balances...

stand still

lift one leg

rotate your foot

**Stand still, look straight ahead. Lift one leg and try not to wobble.
Carefully rotate your foot. Bring your foot down and stand still.
Repeat on the other side.**



Sequence of movements...

**stand
still**

**rock side
to side**

**lift one
leg**

hop

Practise balancing on two legs by rocking from side to side. Then balance on one leg and see if you can add a hop.



Make it easier

*Take breaks to shake the arms and legs before moving on.

*Personalise the warm up / movements to best meet the needs of your child (fewer exercises / shorter duration).

Make it harder

*Look at our masterclass and explore 'top tips' from elite athletes.

*Encourage slowing down and speeding up the movements.

More ideas

*Ask your parent or carer to help you search for and watch a range of fitness classes - which one do you like best?

*Look for opportunities to stretch and move the body in fun and different ways.



STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. support learners to sit up as straight as possible and rock from one buttock to the other whilst staying upright, lift one foot at time from the footplate and balance.



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook** or **Twitter** tagging **@OakNational** and **#LearnwithOak**

