

BODY AWARENESS & CO-ORDINATION



Movies Activity Sheets

Body Awareness & Co-ordination

Child's Name: _____



1 Simon Says

Child is able to identify body parts as directed by an adult i.e. 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, through.

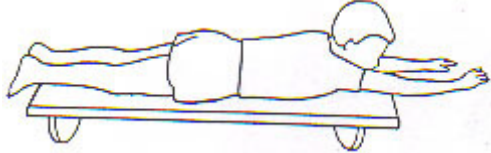


4 Animal Walks

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.

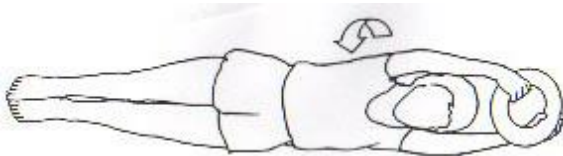
5 Bench Pull

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.



They should be carried out in any order and should ideally be practiced about 3 times a week for about 10 – 15 minutes. Alternatively they could be incorporated into P.E.

Equipment needed:

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

HANDIES ACTIVITY SHEET **BODY AWARENESS & CO-ORDINATION:**

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