

Physical Development - Applying Learning

# Lesson 2: Movement and Balance

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...***

***shake***

***stretch***

***twist***

**Shake your body, stretch your arms up and twist to get your muscles ready (warm up can last between 2 & 5 minutes).**



# *Simple yoga postures...*

***Wide legs      forward bend      stretch up tall***

Step one leg out to make your legs wide, bend and straighten your knees. Bring your feet together, pause, then carefully bend forwards from your hips. Stretch up tall. Repeat, then rest.



# *Sequence of movements...*

*1. stand still*

*2. step wide*

*3. forward bend*

*4. touch the floor*

**From standing, step your legs wide, pause and then carefully bend forwards from your hips. See if you can touch the floor. Come back to standing. Pause, repeat, rest.**



# **\*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. all the movements can be done from sitting.



## 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 your body in fun and interesting ways.





# 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**

