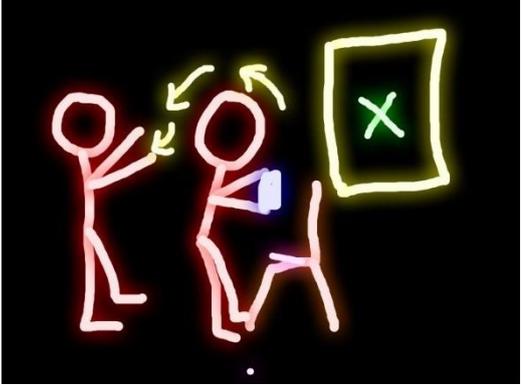
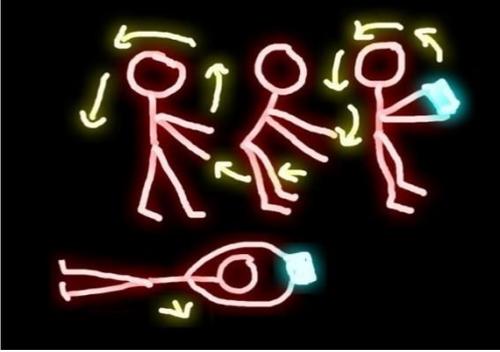


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CROSSING MIDLINE GROSS MOTOR EXERCISES	
<p><u>Bean bag line</u> Give pupil a beanbag and ask pupil to hold with both hands – ask them to pass over their head to you or to another pupil standing behind. When the second person has the beanbag, ask the first pupil to reach through their legs and receive the beanbag again.</p>	
<p><u>Combo's</u> Place a bean bag on a chair against a wall. Above the chair, pin a blank sheet of paper (at shoulder height if possible) Ask the pupil to draw a large cross on the paper, reach down and pick up the bean bag with two hands and reach back behind them passing the bean bag to adult. Pupil then to reach through their legs to receive the bean bag – pupil to place this on the chair, pick up a pen and form a second cross on the sheet of paper. Repeat again x3 – encourage the sequence to be as continuous as possible.</p>	
<p><u>Bean bag chain</u> Group together two or three pupils – place in a line behind each other. Pupil at the front to pass bean bag over their head using both hands, second pupil to pass bean bag through legs using both hands, repeat until they reach the end of the chain. The pupil at the end can take the bean bag and log roll to the front of the line (while holding the bean bag using two hands if possible). Can also use a small sponge ball.</p>	

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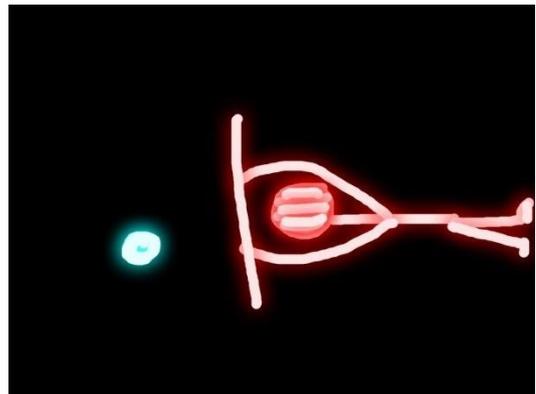
Hockey shots

Give pupil a hockey / dowel stick/ rolled up newspaper – roll ball to them and ask them to hit the ball back to you. Ensure before you roll the ball, they have both hands on the stick and are crossing midline. Repeat x 10 and record the amount of times they hit the ball. Keep a score chart each time you play this game.



Tummy shots

Ask pupils to lie on their tummy – use a large floor cushion if uncomfortable. Ask the pupil to hold a hockey stick / rolled up newspaper using two hands while lifting up their heads. Roll a ball towards them – pupils are encouraged to hit the ball back to you. Some pupils may find it easier if supporting adult also lies flat before rolling as some pupils find it hard to lift their head up for long.



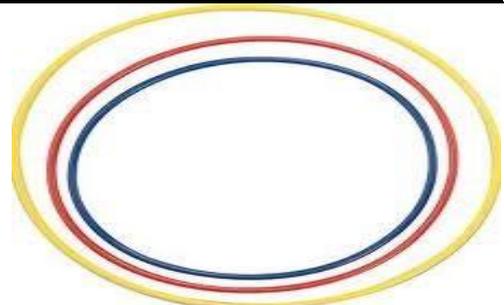
Drawing above shoulder height

Rainbows, clockwise and anti-clockwise circles, straight lines, arrows etc.



Hoops

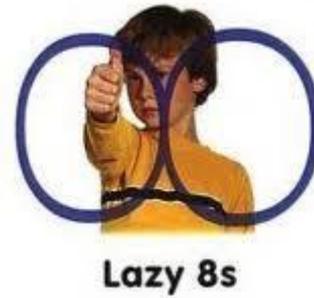
Place a pile of small hoops on right side of the pupil's body – ask pupil to place them one at a time on their left foot (repeat with the opposite side). Ask the pupil to lie supine, place a hoop in the pupil's right hand and ask the pupil to place the hoop on his left leg.



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Brain gym
Lazy eights etc



Cross crawl – Brain Gym Activities

Information and video on
www.happinesspages.com/brain-gym-exercises.html



Shifting weight between two hands, such as when swinging between monkey bars or trapezes, or wheelbarrow walking, crab-walking, bear-walking, doing the "inchworm" (walk hands forward, then hands stay still and feet walk up to hands, repeat), etc.



Positioning-plus activity to elicit crossing midline.

For example: have the child sit backwards on a chair, straddle a bench or just tell them that their feet have to stay "glued in place" to the floor while standing. Now have them throw beanbags at targets located far to the sides. Alternatively, bat at balloons hung to each side, roll balls in bowling game with pins located to the side, etc. You are looking for rotation through the body and needing to switch objects between hands.



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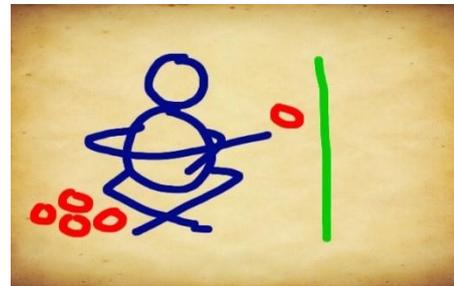
Circle

Make circles and shapes in front of body with streamers, lengths of ribbons, scarves, strips of crepe paper etc



Throwing across

Ask the student to sit cross-legged on the floor. Place objects such as beanbags/balls to one side of them, and then position a target/ line for the student to aim for to the other side. Ask them to pick up an object, reach across and throw, discourage whole body twisting and gradually increase the distance to the target.



Lay on the Floor, on back, face up and at same time a.
a. Have the children raise left arm and left leg.
b. Have the children raise right arm and right leg.
c. Have the children raise left arm and right leg.
d. Have the children raise right arm and left leg.



Have children in a standing position.

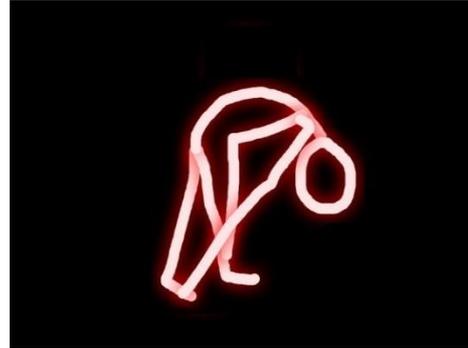
The children raise their legs so that they are horizontal to the floor (one knee may be bent at a 90 degree angle). Try to have the child move only his hip and shoulder joint.



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Have the children standing, and bending from the waist touch opposite feet with hands.



Cross-over Walk

Have the children stand, and walk sideways along a line. Place the right foot across the left foot in front, and take a step. Then return in the other direction crossing the left foot in front of the right.

Variations:

- a) The same as above, however, cross the foot behind.
- b) The same as above only alternate crossing the foot in front, behind, in front, etc.



Handprints on the wall

<http://www.teacher-supportforce.com/brainexercises.html>



This information has been prepared by SEaTSS

You are welcome to share with others – please acknowledge where you obtained it from.

If you need further help and advice with any physical disability/activity, please contact:

SEaTSS@redbridge.gov.uk

If you do not have email access you can phone 07768 374021