







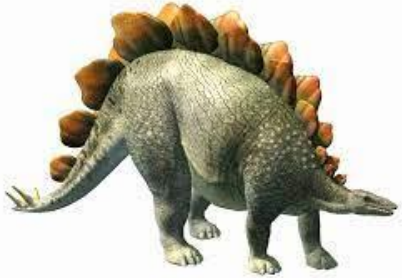






Dinosaurs Journey



Alert Music <https://www.youtube.com/watch?v=9UIN9mqkvQ8>

PRINT A PICTURE OF EACH DINOSAUR AND PUT AT EACH ACTIVITY

<p>ALERT</p>	<p>T-Rex</p> 	<p>T Rex stomps and chomps Place three floor mats spaced out</p> <ul style="list-style-type: none"> - Ask students bend arms (elbows towards armpits) like a T-rex and to stomp their feet like a T-rex (10 seconds) - How fast can you stop your feet like a T-rex? (10 seconds) - Ask student to open their arms wide and straight and clap them together like the chomping jaws of a T-rex. (10 seconds) - To extend- stomp and chomp together at the same time.  
<p>ALERT</p>	<p>Pterodactyl</p> 	<p>Fly Pterodactyl Fly!!!</p> <ul style="list-style-type: none"> - Set out a bench with PE mat at one end. - Ask students to walk along the bench with arms stretched out to the side like pterodactyl wings. - When they reach the end of the bench ask the students to do a big jump/fly (flap arms). - To extend – can the student lay on their tummy and pull themselves along the bench?

<p>ALERT</p>	<p>Stegosaurus</p> 	<p>Stegosaurus Walks</p> <ul style="list-style-type: none"> - Ask student to go on all fours and walk like a stegosaurus. - What sounds might a stegosaurus make? <p>To extend- Ask students to do crab walk and kick balloon in the air. (see image below)</p>  
<p>ORGANISE</p>	<p>Paleontologist</p> 	<p>Dinosaur hunt</p> <ul style="list-style-type: none"> - Create an Obstacle course: Go over and under a bench, lay on stomach on a bench and pull with arms, roll on a mat on the floor. <p>To extend- print out pictures of dinosaurs and they can be collected along the course.</p>
<p>ORGANISE</p>	<p>Triceratops</p> 	<p>Push and pull like triceratops</p> <ul style="list-style-type: none"> - Get a chair - Ask pupil to bend over with arms outstretched, hold onto the back and push the chair. - Ask student to then pull the chair whilst walking backwards. <p>To extend – place a few heavy books on the chair</p> 
<p>ORGANISE</p>	<p>Parasaurolophus</p> 	<p>Fire blow ball</p> <ul style="list-style-type: none"> - Using a small ball/ ping pong ball - ask students to lie on their stomach and blow the ball along a route <p>To extend - extend and make a route more complicated</p>

CALM

Sleeping dinosaurs



Calm Music - https://www.youtube.com/watch?v=PPI__iyIlg6w

Stretch like a dinosaur & relax

- Lay out PE mats/yoga mats and follow dinosaur demonstrate dinosaur yoga stretches.
- Hold each pose for at least 10 seconds.



Relaxation – Ask students to lay down on their back and close their eyes. Breathe deeply and listen to the sounds and music.



If you would like training or support with Fine and Gross Motor skills
Please contact seatss@redbridge.gov.uk