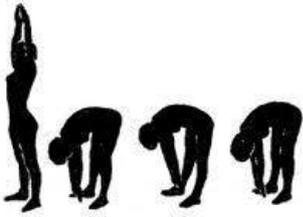


S.E.a.T.S.S

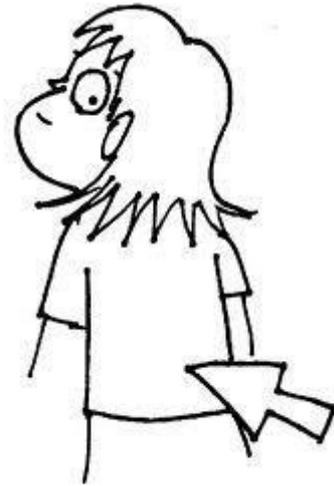
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MOTOR PLANNING	SHEET 1
<p>As with the 'I went shoppinggame' - state I went to the gym and Itouched my toes. The pupil to copy. Then the pupil follows 'I went to the gym and I touched my toes, and jumped up high' etc. Repeat increasing the number of repetitions and sequence. Pupils may need picture/symbol cues to remember sequence of actions.</p>	
<p><u>Younger pupils</u> – normal range of action songs - Head shoulders knees and toes etc.</p> <p><u>Older pupils</u> – look at Pop Cd's - songs that have dance routines to them. YouTube is a great source of fun dance routines. Students like to copy - they might even want to upload their own routine once they have mastered it.</p>	
<p><u>X Box Kinect</u> Dance Central</p> <p><u>Nintendo Wii</u> Just Dance, Wii Fit</p> <p>Any games that require a student to respond or copy images on the screen. Some schools are now setting up Wii games clubs in school time to help social skills, motor skills etc</p>	

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Give the pupil a card showing 6 letter/number shapes. Ensure that pupils can recognise each letter/number consistently. Ask pupil to sit in front of you, draw a letter shape on their back and ask them to point to the letter on the card they think you are drawing. If they guess correctly 'rub out' on their back. Encourage the pupil to swap roles with you. When pupils can complete this task, remove the sheet of letters and ask them to draw the letter/ number they think you are marking on their back. Always use firm pressure on pupil's back, and always make sure you erase their back as this will signal a change of message.



Star jumps

Stand with feet together and arms by your side. Stretch right arm up diagonally and left leg diagonally. Small jump to reverse the position to opposite arm/leg.



Line walking

Draw a 2m line on the floor. Walk along the line; right foot crossing over to left side and the left foot crossing over the right side of the line. Retrace steps walking backwards.



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Dance routines

<http://www.youtube.com/watch?v=6LWMRc1-JU4>

Line dancing

http://www.youtube.com/watch?v=IQicYOLYM_4

Zumba kids

<http://www.youtube.com/watch?v=vlzWuFkn88U>

Macarena

http://www.youtube.com/watch?v=9MyGC_YiBDY

Superman

http://www.youtube.com/watch?v=9MyGC_YiBDYk

Hip hop dance moves



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