

MOTOR PLANNING

SHEET 2

Sequences

- 1 steps forward
- 2 steps backwards
- 3 steps forwards
- 4 steps backwards
- 5 steps forwards
- 6 steps backwards

Give different sequences to copy, write different sequences onto some coloured cards – students to pick a card and copy.



Spotty dogs

Put one leg in front of the other in a wide split position, with a jumping action; alternate your legs forward and backwards.



Stepping stones

Place coloured footsteps/shapes onto the floor. Ask student to step over them. Start with shapes nearer to each other, gradually increase the distance between them. Ask students to move around the room only touching certain colours, following a coloured sequence etc.



Ladder activities

You can purchase PE ladders

E.g. Special Direct

<http://www.specialdirect.com/shops/sd/Products/PD1723991/Agility-Ladder/?rguid=f30eea88-5252-44f4-aed0-2b6e00a7322b>

- Step between the rungs of the ladder, putting two feet in each space. How fast can you complete the whole ladder? Try and beat your time.
- Walk on the rungs forward
- Walk on the rungs backwards
- Jump into each space
- Hop into each space not touching a rung
- Hop , two feet jump, hop, two feet jump



<p><u>Hockey shoot</u> Make a channel with cones (around 10) about 1m apart Create a goal at one end Use a hockey stick to dribble the ball along the path, at the end shoot into the goal. Retrieve the ball and repeat - how many can you do in 2 mins?</p> <p>If a ball is too difficult use a bean bag.</p> <p>Move the cones apart, dribble the ball/bag in between the cones (in and out) and at the end shoot into the goal.</p> <p>Position an adult/peer in the goal and ask them to move around so the student needs to shoot past a moving goal.</p>	
<p><u>Time trials</u> Place two cones apart. Give the student a starting point; tell them to run to the first cone, run around the back of it and change direction as they run to the next cone, run around that and back to starting point. How quick can you complete the circuit? Add in extra cones, obstacles and finally moving obstacles once students are proficient.</p>	
<p><u>Household chores</u></p> <ul style="list-style-type: none"> • Setting the table • Watering the garden • Carrying drinks to serve • Folding clothes, pairing socks, making a bed • Washing the car • Sweeping up • Pegging out washing 	

This information has been prepared by **Newbridge Outreach Service**.

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