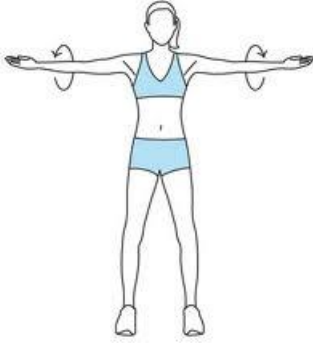





SHOULDERS	SHEET 1
<p><u>Arm circles</u> Stand with your feet shoulder width apart, stretch your arms out at shoulder height.</p> <p>Make small circles with your arms, gradually increase the size of circles – moving backwards and forwards.</p> <p>Make 10 circles, increasing to 30</p> <p>Make circles to music – move fast or slow depending upon speed of music used.</p> <p>Place a quoit on each wrist and repeat.</p> <p>Repeat with hands facing upwards and downwards.</p> <p>Repeat holding ribbons/ scarves.</p>	
<p><u>Swinging</u> Swinging from monkey bars, hanging from playground equipment (take Child's weight initially) Climbing frames/ climbing wall Climbing ropes</p>	
<p><u>Wheelbarrow walking</u> Ask students to lay down on their stomach. Pick up their ankles together, and ask them to push through their hands/arms/shoulders and see how many 'steps' the student can do.</p>	
<p><u>Balloon badminton</u> Ask student to move into high kneeling position, hand them a racket and balloon and remind them not to sit back. Try to hit the balloon back and forth while maintaining high kneeling position.</p>	

Crab walking

Sit on the floor with hands beside your bottom; lift your bottom so that you are in the crab position.

Hold position for 5 secs and rest, repeat if possible.

How many steps can you move forwards /backwards?

Play football in this position

Can you keep a balloon off the floor using your feet in this position?



Pouring /watering

Pouring from a pitcher or watering can (keep going or repeating for several minutes overall per session). Increase the size and weight of the container.



Basketball/ Volleyball

Shooting baskets with basketball or playground ball, or playing volleyball

Early Learning Centre do a very sturdy model for Early Years.



Skipping

Rope turning for jumping rope



Egg and spoon

Carrying a ball or small rock at arm's length on a wooden spoon



Zoom ball

These can be found in the Poundshop in the summer and are great fun for all children.

Velcro bat and ball



Vertical drawing

Making big circles on a blackboard (or white board, or sugar paper taped to wall), or erasing/washing a blackboard.

Rainbow writing using a variety of colours.

Enlarge word searches/ mazes to A3 size and position at shoulder height for student to complete.



Balloon taps

Holding a dowel between flat palms, hit a balloon and see how many times you can hit it before it gets away and touches the ground



Balloon rounders

Give pupils a sheet of cardboard – encourage pupil to roll into a bat shape.

Throw a balloon towards pupil and encourage them to bat it back.

Could also use a traditional bat. A balloon would give pupils a greater time to respond.



Sorting the washing

Ask pupil to match pairs of socks and then roll each pair into a ball placing it onto a chair in front of them.

Ask pupil to sit inside sitting position, extend, reach and grasp a sock ball – extend further and drop into bucket/ washing basket over their head.



Four point kneeling

Position yourself on hands and knees, with hips over knees and shoulders over hands.

Maintain this position, lift one arm out straight, replace. Repeat with requested arms/ legs or arm/leg combination.

The hardest position to hold is one arm outstretched and alternate leg outstretched – hold for 5 secs.

You can also do the following activities while in four point kneeling;

- Simple jigsaws
- Building a brick tower
- Skittles
- Connect four
- Throwing a bean bag into a container



Play Twister



Wobbly ball

Give Pupil a tennis racket and ask them to balance a ball on the tennis racket while the pupil walks around a range of obstacles in a room.



Conducting to music

Play a range of music – different speeds – ask pupil to conduct in large movements in time with the music.



Washing line

Pegging washing onto a washing line – at least shoulder height if possible.






Magnetic fishing game

Ensure that pupil has arm extended and not tucked into body.



Bouncing balls to another person



<p><u>Spooning</u> A variety of contents such as rice, lentils, marbles etc using a range of different size spoons into a range of different sized containers</p>	
<p><u>Scribbling</u> over textured surfaces – rubbings Small piece of textured wallpaper – time how long it takes pupil to colour over all the surface area.</p>	
<p><u>Rolling</u> clay / dough with rolling pin (place in freezer for longer periods to increase the resistance)</p>	

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

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

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NEWBRIDGE OUTREACH Newbridge School Barley Lane Campus 258 Barley Lane Goodmayes Ilford IG3 8XS