

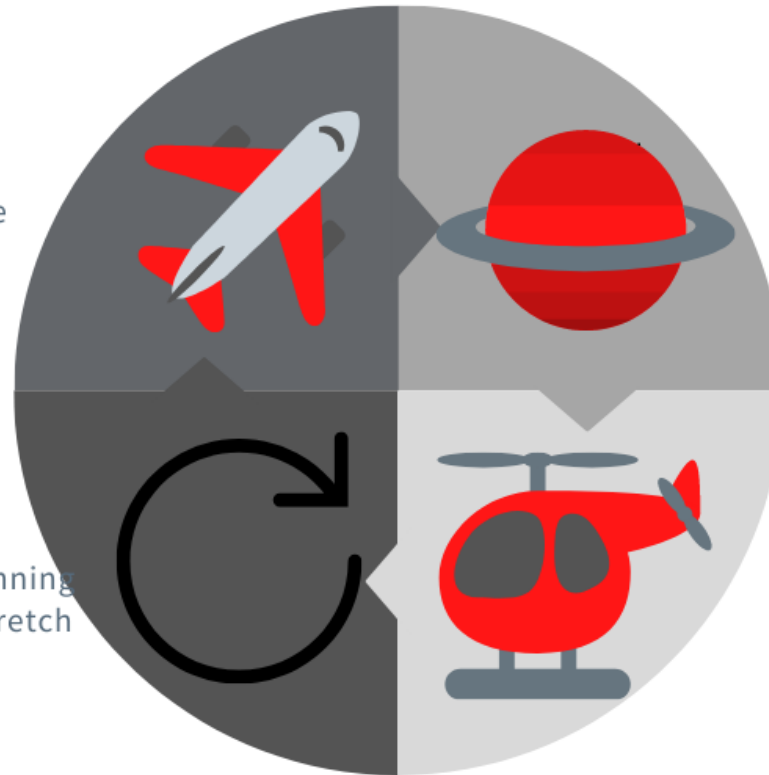
Aeroplanes and Helicopters

Warm-up



Step 1

Begin by running with arms stretched to the side - like an aeroplane flying.



Step 2

Look for spaces in the hall and 'fly' into a space.

Step 4

Introduce flying or spinning at different heights (stretch up - crouch down).

Step 3

Become a helicopter (by spinning around) in the space, then become an aeroplane again and move to a new space.

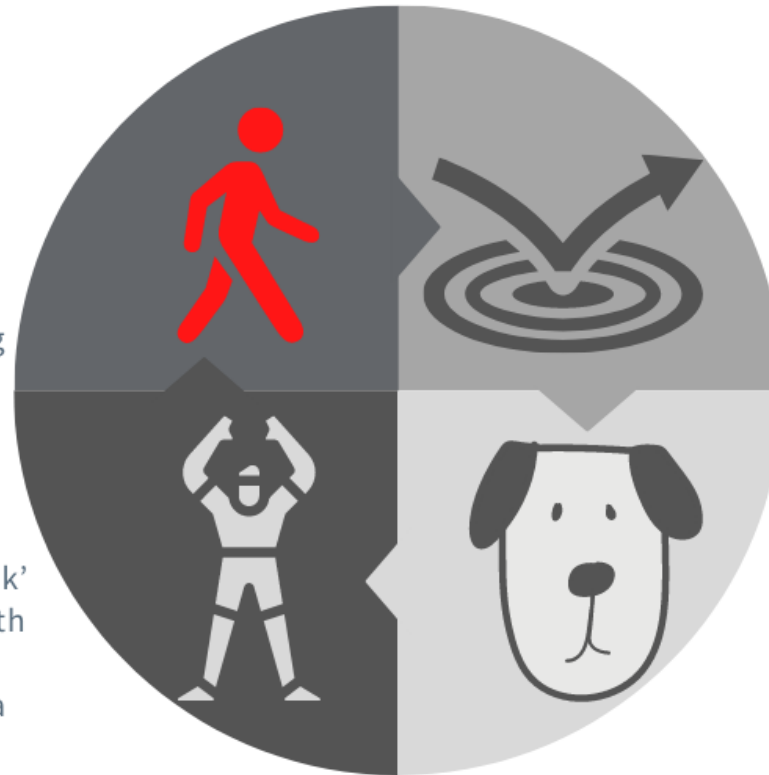
Spot the Dog

Warm-up



Step 1

The basic 'Spot the Dog' action is to bounce on the spot and move your arms and legs forward and back, coordinating opposite hand to foot.



Step 2

Then continue to bounce with the legs going forward and back, but move both arms out to the side and in again, and repeat.

Step 4

Combine 'Jumping Jack' actions (out and in) with 'Spot the Dog' actions (forward and back) in a repeating sequence, ensuring that the arms move opposite to the legs.

Step 3

Then continue to bounce with the legs going forward and back, but move one arm at a time out to the side and in again, and repeat.

Misdirection Signals

Warm - up



Step 1

Begin with running; encourage the learners to be calm when running, to relax their arms and shoulders, to make their own pathway and listen.

Step 4

Introduce multiple signals for different actions.



Step 2

As they are running, inform them that you will give them a signal (like a whistle) that triggers a specific action (like a change of direction).

Step 3

When you give the signal make it something other than the whistle (like clap your hands, or say 'go').

Jumping Jacks

Warm - up



Step 1

Start by repeating the basic Jumping Jack action. Then continue to bounce and move both legs, but only move one arm – alternate the arm that moves.

Step 4

Then make the same pattern of the arms moving to the front and then the side but move only one arm at a time.



Step 2

Then continue to bounce and move both arms, but only move one leg – alternate the leg that moves.

Step 3

Then continue to bounce and move both legs, but move both arms to the front, then to the side

Changing Shapes

Warm-up



Step 1

Start with running freely in the gym.



Step 2

At a signal stop and make a stretched-out star shape.

Step 4

Then immediately make a straight-pole shape before running again.

Step 3

Then immediately make a 'full-stop' shape.

Misdirection Signals

Warm - up



Hearing impairment

Use diagrams or written explanations.
Use of demonstration.
Use Visual cues i.e. coloured flags/bibs for each action & start/finish

Visual Impairment

Have a buddy or member of staff to run along side participant.
Clear use of instruction



Physical Disability

Larger space to allow for direction changes

Learning disability

Short simple instructions, use of demonstrations.