

SAILS PE Support

MOVEMENT CONCEPTS

The PE lesson this week focuses on pathway control, balance, flexibility and eye-foot coordination. Here is one family-friendly way to work on this at home.

Play Follow the Leader.

Follow the leader is a simple game with complex lessons. It involves receptive and expressive listening skills, collaborative play, start/stop control and directionality (left/right). Depending on the activities completed, it also works on balance, strength, flexibility and endurance.

Start by being the leader. If you have more than yourself and your student, have your student be in the middle of the line with the person in front leading and the person in back cueing your student to complete the desired activity.

Initially, state the basic commands and directions, "Turn right", "turn left", "stop", "go faster", "slow down", "hold your hands over your head", etc

Add in challenges. "Step over the...", "go under the...", "walk sideways", "walk backward", "step onto the..." You can use natural obstacles or set some up using cans, pool noodles, jump ropes, floor ladder, chalk lines, etc.

Work on endurance by giving a visual challenge, "Follow me to the..." or auditory challenge, "Follow me until the end of the song."

Work on strength, endurance and balance by doing a variety of walks.

- Walk on a tightrope, walk on toes, high knee march, take LOOOOOONG steps, take short steps, do monster steps (walking forward with legs wide apart, arms out at sides).
- Do animal walks (bear walk- hands and feet; penguin walk- legs together, walk on heels, arms straight at sides; elephant- clasp hands together with arms hanging down, tilt body forward, swing arms side to side like an elephant's trunk; horse- gallop)
- Walk up/down stairs or hills pretending to climb a mountain.
- Walk through narrow spaces

In all activities, make sure you have a second person if needed for safety. Keep the activity fun and engaging. Be animated. Use music. Set reasonable goals and increase distance, time or challenge over time. Mix easy, familiar walking skills with more challenging skills to maintain the feeling of success and interest in the activity. When your student has an understanding of the game, have your student be the leader.

If your student isn't ready for or interested in follow the leader, try playing a game of BINGO on a walk. It is another good way to maintain interest in walking for more time/distance while adding in visual, academic and social skills.