



Move it!



We have hidden senses called proprioception and vestibular. They both involve movement and have a big impact on how you learn.

Proprioception helps tell you where your body parts are in space. It is activated when your body presses against something. You get this from crawling, chewing, running, stamping, jumping, climbing, pushing, pulling or stretching.

The vestibular system is in your inner ear and is triggered when you move your head. It helps with balance, muscle and eye movements and helps you avoid falling over or bumping into things. It also helps you focus and helps coordinate other senses.

Main Activity – Get From Here to There – Make An Obstacle Course!

1. Pick a space in which to play (inside, outside, a combination of both).
2. Set up a “course” or lots of physical challenges that you will take on to get from “here to there.”
3. Include each of the following:

Something to go over (e.g piece of wood, box, couch, pillow mountain, stack of books, bucket)

Something to walk along (e.g. coil of rope, stretched out ribbon, strip of tape, row of pillows, line of coins, line of rocks)



Something to go under (e.g. table, low tree branch, bush, blanket or sheet draped over two objects, a tunnel made of boxes or sticks)

Something to balance on (stack of books, one foot, a log, an uneven rock, two branches in a cross shape, broom handle)

Something you have to get into a container (e.g. ball into a pan, pebbles into a box, stuffed animal into a basket, a smaller box into a bigger box, a rock inside a circle made of twigs)

Different ways to move from here to there (e.g. stamp, jump, spin, roll, kick, crawl, hop, tiptoe, “fly,” lunge)



Ideas for Independent Extension Activities

- Make play dough.
- Make a drum. Sticks can turn virtually any surface, indoor or out, into a drum. Beat your drum as you sing or listen to music and dance along!

- Have a Carnival parade, marching and stomping around as you sing, shake and drum.
- If you have a garden dig in the soil or help with the gardening this week.
- Make a spiral. Use tape, string, rope or even sticks or other nature objects to create a spiral on the ground. Walk in and out of it, play with it. Add to the spiral, draw spirals or build bigger spirals.



Can you spot spirals around the house or outside?



- Turn your obstacle course into a “Bear Hunt”. Start by reading *We’re Going on a Bear Hunt*. Choose your own obstacles that you can tie into the story. Then make the story come to life and act it out!
- Work those muscles and add in a little heavy work. Stack a pile of rocks or logs at one side of the yard and then move them to the other side. Pile books or tins near the front door and wonder how to get them all back into the bookshelf or cupboards. Or, move all of the furniture to one side of the room, dance in the open space or do some exercises, then put it all back again!
- Weave yarn, string or twine back and forth between the furniture in a room, or between trees or other objects outside. Move in and out of the strands. Pretend to be spiders spinning a life-size web!
- Use string or rope and a basket or bucket to set up a simple pulley over a low tree branch or door. Wonder how adding different objects to the basket changes the way the pulley behaves. Make a tiny toy go up and down safely.



- Place a board on top of a small log or brick. Enjoy teetering and tottering back and forth to find your balance. Experiment with how things change when someone else gets on too, when the brick is moved, or when you use objects that are taller.



- Challenge yourself to use whatever you have in the house or the yard to make an obstacle course.
- Jump! Leap and jump as high or far as you can. Try jumping off of taller objects, across large spaces or into muddy puddles.

Have fun and keep moving!

From Mrs Horscroft and Mrs Owen x

P.S. We'd love to see your ideas and creations. Please take a picture and post to our school's twitter feed.

(Activities adapted from the Tinkergarten website)