



Body Awareness Over 5

Possible challenge:

Bumping into objects that have been there all the time, not knowing how to do a new task, like a forward roll. They may use too much or too little force when doing things like writing or holding a cup.

Helpful Tips:

Look for naturally occurring activities that encourage pushing and pulling / resistive activities to help give the body lots of feedback to the body about what it is doing.

The following can be naturally occurring activities if included at home in the garden or incorporate into PE or during movement breaks to give them movement and enhance body awareness.

- Wheelbarrow racing
- Tug of War
- Balancing in different positions on a mat – including weight bearing on arms
- Squat thrusts
- Push ups in four-point kneeling position or push ups against a wall.
- Crab walking or crab football
- Commando crawling under equipment or netting or stretchy material pulled tightly by others
- Half Knee Push: kneeling up, the child has to walk on his knees pushing a ball (with resistance)
- Half Knee Dual: pushing palms trying to upset the other's balance. Switch knees.
- Digging in the garden – weeding, planting out, pruning
- Pushing a wheelbarrow
- Swimming
- Trampoline
- Climbing
- Working with dough, pastry, pasta, bread.

Preparing your child for the activity:

When a child is learning a new skill or activity it may take them longer to learn and they will need more encouragement, guidance and practice.

- Model and talk through movements simply to help with planning.
- Break down movements and tasks into smaller components.
- Provide physical guidance to help the child *feel* the movement.
- Encourage/guide the child to develop his own verbal strategies/pneumonic to plan a movement to be active in the process i.e. figuring out for themselves how to perform a task – guided self-discovery
- Use a mirror to watch movements and position (like dancers do)

Sensory tips:

- Proprioceptive: or heavy muscle work activities give the brain lots of information about the body and thus improve body awareness.
- When you child is dressing talk about the parts of the body
- In games use activities that mention body parts: like 'Simon says', 'songs like heads, shoulders, knees and toes'.