**PE Activities PMLD**

**Movement ideas**

encourage child to roll sideways

put object to each side and encourage rolling



Roll together with a child to each side

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Give child a stick/mop/broom

Encourage pushing/hitting objects



Play row a boat

pull gently forwards, backwards, sideways



Sit behind child and play airplane



Put child on a blanket, bed sheet

pull around/along the floor



Child lies on a tummy

Encourage reaching for ball/scarf/object

imitate swimming



Encourage stretches up/down/sideways/to each leg



Press gently on child's legs/rotate them/draw circles in the air



**STRETCHING CARDS**

https://www.twinkl.co.uk/resource/t-mov-339-twinkl-move-pe-ks1-stretches-cards

**Sherbourne Movement (physio on the floor)**

https://youtu.be/2ZuQheTXnv8

https://youtu.be/9w71ngLBjYI

https://www.youtube.com/watch?v=d1RCZeW2wXE&list=PLiufJbZZSgKYkbZkg8nsEULUFAeCsfkrx&index=12&t=0s



**Exploring/manipulating objects (fine motor skills)**

Encourage child to hold a cup in each hand

pass a cup between hands

shake objects inside to make noise

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**Use objects with a zip (travel bag, jacket)**

ask child to zip/unzip

Hide things inside

ask child to get object out of it

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use sponges/socks to squeeze

wet them, ask child to squeeze the water out

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**Dance with a scarf, balloon**

play some funky music and let the child move freely with a scarf/balloon:

fast, slow, up, down, throw, catch, pass from hand to hand, pass from hand to hand between legs...

Encourage stretching up/ down, sideways, to each leg, to the ceiling...



**Aiming skills**

Put cups/bottles randomly on a floor/table.

Get a round object and roll/throw/push at the cups.

Count the points. Set it all back up.

Build a tower out of cups.

Throw at the tower to destroy it.

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**ONLINE YOGA/MOVEMENT**

COSMIC YOGA

https://youtu.be/2aje33UPixE

ANIMAL YOGA

https://youtu.be/4ffsxj4T8DI

INSECTS YOGA

https://youtu.be/oYI0TPJOuGk

JUNGLE YOGA

https://youtu.be/C4CaR0syf1g