

@ HOME
SERIES

MOVEMENT
@ HOME

An easy to follow booklet focusing on learners moving ...
both at their home or in their community.

INSTRUCTIONS

Work through this booklet about using **Movement@Home**. Here are some options ...

You could: -

- Read and write your own answers
- Have a task read out to you
- Have someone else write your answers down
- Complete the tasks digitally by filling in answers using a .pdf writer

Remember: -

- “@Home” is a modern way of saying “at Home”
- Ask for help if/when you need to
- Use support like the internet, books or someone else when you need to
- Work with someone if it helps and ENJOY each task!

** These tasks are suitable for learners working about L1-2+ of the curriculum.*






*** Any tasks that have an element of risk should be supervised by a responsible adult*

MOVEMENT @ HOME

Task 1: Look at each of the movements below and say what each one is.



Task 2: We do simple movements every day. Draw a line to match the simple movement with the action.

	Wave
	Wink
	Sit
	Point
	Walk

Do each of the actions above to someone or to yourself in the mirror.

Task 3: Think about each movement below. Have someone read out each movement and you show them what it is. You can use other people, props or furniture to show the movement.




up	down	in front of
above	behind	between
on	under	beside
in	out	near

Task 4: Circle any movements below you have already done today.

Had a shower or bath	Made your bed	Washed your hands
Folded clothes	Brushed your teeth	Sang a song
Brushed your hair	Ate breakfast	Washed your face

Talk about any other movement you have done today.

Task 5: Think about and discuss each type of movement needed below. Write TWO examples for each in the right column.

		TWO examples
What are CLEANING tasks that use movement?		<p>1</p> <p>2</p>
What are COOKING tasks that use movement?		<p>1</p> <p>2</p>
What are HYGIENE tasks that use movement?		<p>1</p> <p>2</p>

Task 6: Take a photo of yourself (or have someone else take it) doing a: -

- CLEANING** movement
- HYGIENE** movement
- COOKING** movement

Attach the photos here if you can.

Task 7: Do the following movements @Home.

Step up and down your doorstep X10	Sit down and stand up x10	Walk around a table x5	Lift a can or object over your head x10	Walk from the lounge to your bedroom X3
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Add TWO more movements to your @Home circuit.

X10	x10
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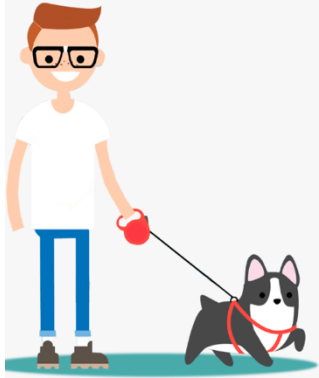





Task 8: Do the following agility movements @Home.

Jump back and forward over a line X10	Walk backwards for 10 steps (be careful!)	Weave in and out of furniture	Go around a chair clockwise x4 then the other way x4	Crawl up and over something X3
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Think of a movement using rolling and balance for your agility movements @Home.

(Rolling)	(Balance)
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Task 9: Look carefully at the pictures below and decide if they are movements @Home you would do **INSIDE** or **OUTSIDE**.

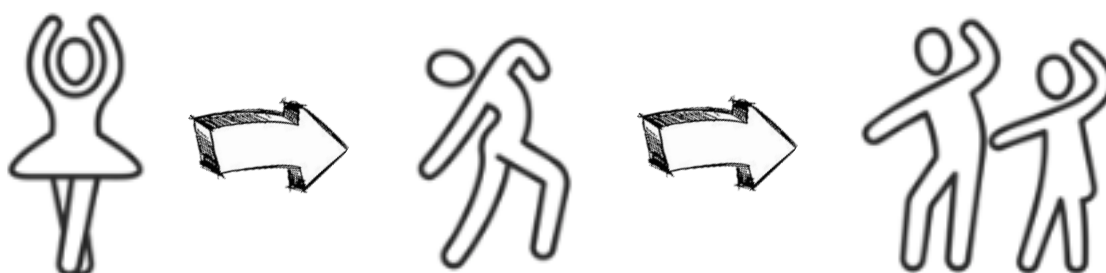
		
<p>Walking the dog is INDOORS OUTDOORS</p>	<p>Playing board games is INDOORS OUTDOORS</p>	<p>Colouring a picture is INDOORS OUTDOORS</p>
		
<p>Sweeping the driveway is INDOORS OUTDOORS</p>	<p>Doing a jigsaw is INDOORS OUTDOORS</p>	<p>Collecting leaves is INDOORS OUTDOORS</p>
<p>Think of one more INDOOR movement and one more OUTDOOR movement. →</p> <p>Draw or put a picture to match the movement. →</p>		
	<p>.....</p> <p>Is INDOORS</p>	<p>.....</p> <p>Is OUTDOORS</p>

→ Do one of the INDOOR movements above and one of the OUTDOOR movements.

Task 12: There are lots of simple dance moves you can do @Home. Look closely at each of the following and try to do as many as you can. * Remember to move safely and clear an area @Home.



Put some music on and try to do THREE of the dance moves above to music. (You can do more than three).



Task 13: Find some music to move to. You could dance, tap, clap, sway etc. Listen to THREE songs and move differently to each one.



Create your own playlist of music to listen to when you want to move around @Home.


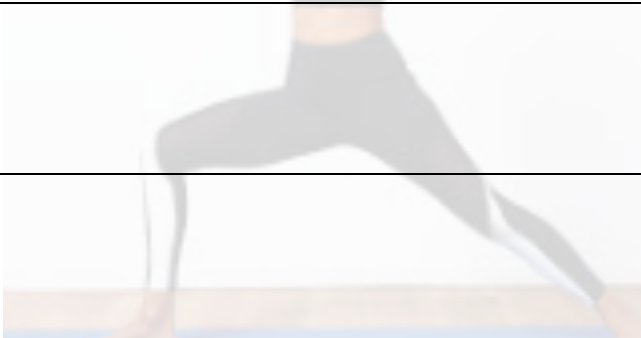
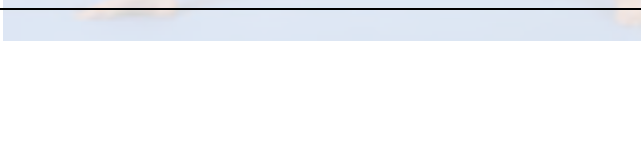
	TWO songs to include
Slow, quiet music to sway or tap to	1 2
Faster, fun, dance music	1 2
Music with easy lyrics to sing along to	1 2

What is your playlist called?

Task 14: Use silent communication (pointing, charades, gestures, sign language etc.) to get someone @Home to do the following movements for you. Get them to also do some for you to follow.

Give you the remote	Fold washing	Make a drink
Tidy the table or bench	Make lunch	Change a game

Task 15: Think of a movement you can do @Home for each of the letters. It could be done inside or outside or you could use a phrase.

M	
O	
V	
I	
N	
G	

LEARNING CHECKLIST

Well done on completing the **Movement@Home** workbooklet.

Movement skills @Home	Could do this	May need some work
Could identify simple movements @Home		
Could do indoor movements @Home		
Could do outdoor movements @Home		
Could do cooking, cleaning or hygiene movements		
Could do a movement circuit		
Could match pictures and words about movement		
Could understand clues about movement		
Comments:		

If you liked the tasks in this **Movement@Home** booklet, there are FOUR other booklets in the @Home series to also complete! Head over to the www.supportedlearning.com website and look under the workbooklets tab to view the @Home series.



There are also plenty of other SLR workbooklets & assessments to support learners!