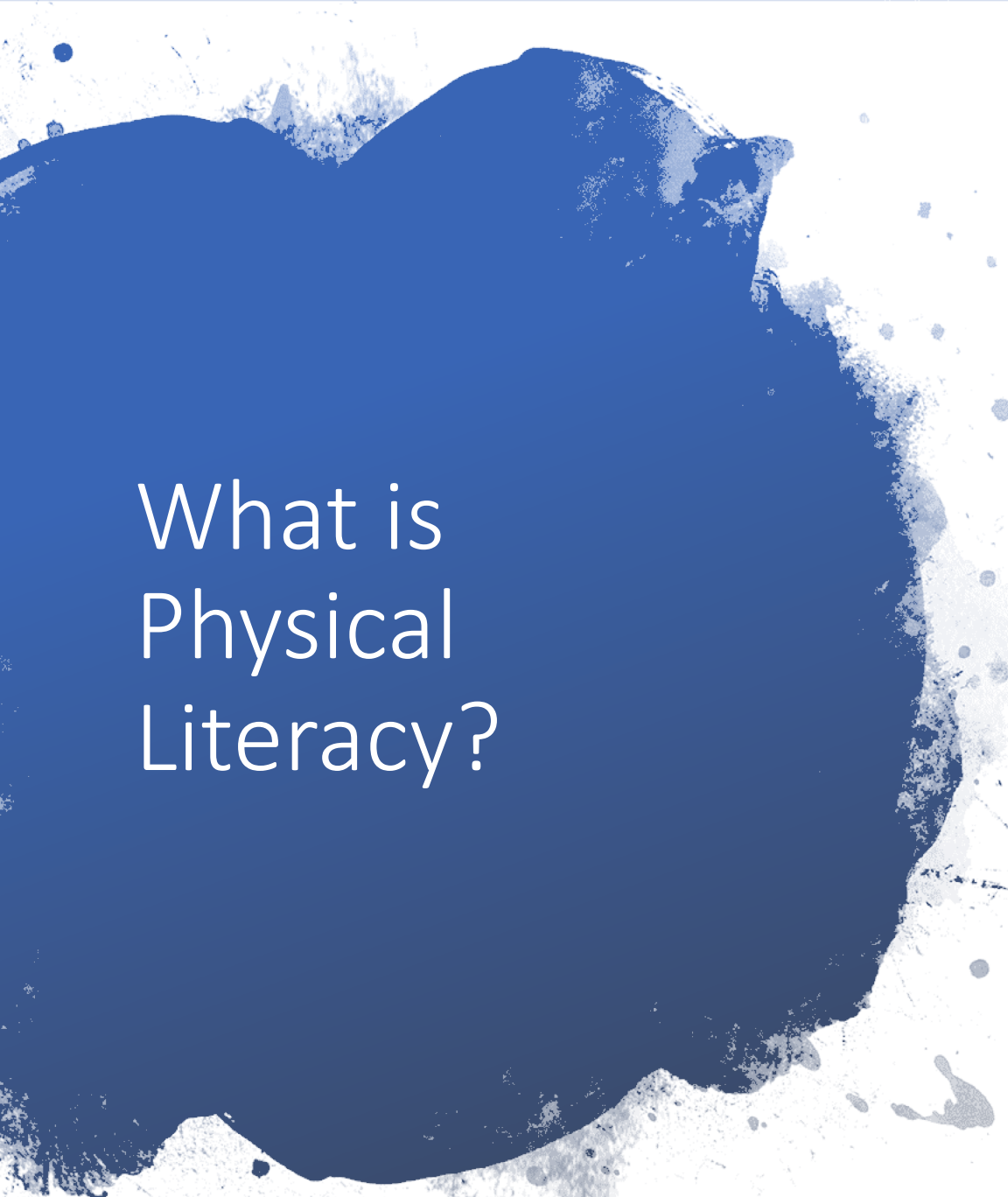




**Amber Valley
School Sport
Partnership**

**Physical
Literacy**



What is Physical Literacy?

What is physical literacy?

Physical Literacy can be described as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers.



Planning a Physical Literacy session

The aim of the physical literacy programme is to develop a child's gross motor skills, co-ordination and body awareness which will in turn help to improve their fine motor skills.

The programme can also provide a calm environment and help to develop concentration, listening skills and organisation. These skills can transfer to classroom activities.

Doing these exercises little and often will help the pupils develop and maintain the skills taught.

Before starting the programme identify the level of pupils motor skills performance before starting the programme. This can be done by completing the table that can be found in the booklet.

Safety points:

Ensure the children are wearing footwear and clothing that are suitable for physical activity.

All jewellery should be removed.

Make sure the children are aware of the space and other students that are around them when doing the exercises.

Always ensure the children warm up and cool down properly before and after each session.

Ensure that the children know how to handle and use any equipment properly.

Physical Literacy Exercises



- Curl Ups
- Aeroplane
- Superman
- The Bridge
- Bunny Hops
- Balance
- Coffee Grinder
- Table
- Wobbly Bottom (V-sit)
- Leg Lift
- Back Support

Curl Up

Purpose

- The aim is to develop abdominal strength.
- **Equipment**
- Coloured mat
- Cushion
- Ball

Activity and Teaching Points

- Draw the lower stomach muscles in towards the spine. The back should not be hollow.
- Knees must be bent and feet kept in contact with the floor.
- Before the exercise breathe in and breathe out on effort.
- Place a cushion behind the shoulder blades for additional support if necessary.



Progression

- Curl up head and shoulders from the floor ensuring that there is space between the chin and chest.
- Count how many curl ups you can do.
- Curl up further sliding hands along thighs to knees for a set number of repetitions.
- Keeping the feet on the floor curl up to a sitting position.

Aeroplane

Purpose

This exercise strengthens and develops the back and bottom muscles.

Equipment

- Coloured mat
- Ball

Activity and Teaching Points

- Lie on tummies with hands beneath the chin.
- Raise head and shoulders off the floor keeping a long neck with hips and legs fixed to the floor.
- Hold the position then slowly lower to the mat.



Progression

- Lift head only.
- Lift head and shoulders keeping arms close to the body.
- Place hands under the chin keeping elbows wide and lift arms, shoulders and head.
- Lift head with arms extended.
- Hold the position for longer.
- Hold a ball whilst lifting the chest.

Superman

Purpose

This exercise develops trunk strength, shoulder and hip stability and balance.

Equipment

- Mat
- Quoits

Activity and Teaching Points

- Take a firm base by bearing equal weight on all fours before the activity is extended.
- Palms flat, fingers pointing forwards, eyes down, keeping a long neck.
- As limbs are extended keep the arm and leg in line and at the same height as shoulder and hip.
- Eyes should look straight forward not raising or lowering the head.



Progression

- Extend one arm.
- Extend one leg.
- Extend one arm and opposite leg.
- Change to other opposite arm and leg.
- Add a quoit to add weight to an extended arm or leg.

The Bridge

Purpose

This exercise develops trunk and hip stability

Equipment

- Coloured mat
- Ball or bean bag

Activity and Teaching Points

- Start by lying on your back with knees bent, feet in contact with the floor and arms relaxed by your side.
- As you take the weight onto the shoulders, draw in the lower abdominal muscles raising the tummy towards the ceiling, pushing the hips up to try and create a straight line from knees to shoulders.



Progression

- Lift and hold bridge position for a set amount of time.
- Pass beanbag/object behind back from one hand to the other before circling the body.
- Pass the beanbag/object around the body, ensuring that the ball does not contact the floor.

Bunny Hops

Purpose

- The aim of this exercise is to develop arm strength.

Equipment

- Mat
- Bench

Activity and Teaching Points

- Start in a crouch position.
- Place hands shoulder width apart in the centre of the mat.
- Palms flat, fingers pointing forwards. (Really important palms stay flat to prevent the possibility of breaking fingers.)
- Push off the feet and take the weight onto the hands into a crouch position and back onto the feet.
- Ensure that the children land on their feet not their knees.



Progression

- Increase the distance of bunny jumping.
- Bunny jump over the bench sideways from floor to floor.

Balance

Purpose

Balance will develop core trunk stability, body tension and body awareness.

Equipment

- Ball
- Bench
- Wobble board

Activity and Teaching Points

- Standing still ensuring shoulders, hips and knees are all in line and back is straight.
- Raise one leg to a 45-90-degree angle.
- Keep head still and eyes looking forward.
- Squeeze tummy muscles to avoid floppy bodies.
- Extend and stretch arms sideways.
- When comfortable rise on to toes which will challenge the balance.



Progression

- Close your eyes and stay balanced.
- Stand on toes with eyes open and walk forwards and backwards.
- Try balancing on different surfaces.
- Walk on toes along a line.
- Walk along a bench, flat feet then on toes.
- Walk with a beanbag or upside-down cone on head.

Coffee Grinder

Purpose

This exercise develops arm strength.

Equipment

- Mat
- Hoop

Activity and Teaching Points

- Place hands onto the centre of a hoop, fingers pointing forwards with feet outside of the hoop
- Keep arms straight and shoulder width apart.
- With your hands fixed on the floor move your feet around the hoop.
- Start on two hands then try it on one.
- Only rotate a few times to prevent dizziness.



Progression

- Use on hand.
- Change direction.
- Work for a set time on each hand.
- Try different speeds.
- Lower your back to make it more like a straight arm plank.

Table

Purpose

This exercise develops core and arm strength.

Equipment

- Mat

Activity and Teaching Points

- Go onto hands and knees on the mat, hands should be directly below shoulders, fingers pointing forwards.
- Keep arms straight and shoulder width apart.
- Back must remain straight forming a table.
- Head looking down towards the floor.



Progression

- Straighten legs out keeping back straight to form a straight armed plank
- Touch opposite shoulders with the opposite hand's to take the weight on just one hand/arm.

Wobbly Bottom (V-sit)

Purpose

This exercise develops core strength and balance.

Equipment

- Mat

Activity and Teaching Points

- Sit on the mat with legs next to each other and knees bent.
- Lift legs off of the floor and try to straighten them.
- Lift arms out to the side and balance on bottom
- Squeeze tummy muscles together to help maintain balance.



Progression

- Try to get legs as straight as possible and lifted up high to form a V-shape with your body.

Leg Lift

Purpose

This exercise develops core strength.

Equipment

- Mat

Activity and Teaching Points

- Lay on the mat on your back.
- Arms relaxed by your sides palms flat on the floor.
- Keep legs together.
- Keep legs straight and try to lift to roughly the height of the seat of a chair.
- Squeeze tummy muscles to keep legs held up.
- Make sure the back of your head remains on the mat.



Progression

- Lower the height of legs to make it more challenging.

Back Support

Purpose

This exercise develops arm strength and core stability

Equipment

- Mat

Activity and Teaching Points

- sit on the mat with legs straight and hands flat on the floor with fingers pointing towards feet.
- Push hands down to raise bottom and legs off of the floor. Keep heels touching the floor and legs straight.
- Push hips up to try and create a straight line from toes to neck.
- Keep legs straight and try to lift to roughly the height of the seat of a chair.



Progression

- Keeping legs straight and toes pointed, try and lift one leg off the floor.

Physical Literacy Fundamental Exercises



- Jumping
- Hopping
- Hoop Spins
- Running
- Ball Rolling
- Throwing
- Catching
- Beanbag Pass

Jumping

Purpose

To develop leg strength and co-ordination in order to perform the basic skill of jumping from two feet to two feet.

Equipment

- Bench
- Skipping Rope

Activity and Teaching Points

- Take off from two feet and land on two feet.
- Landing with knees bent and feet hip-width apart.
- At take-off swing arms upwards at the same time as pushing with the legs.
- Keep head up, eyes looking forward.
- Stretch and tighten the body muscles when in the air.



Progression

- Jump up and down, starting and landing in the same place.
- Jumping sideways and backwards.
- Jumping over a rope/line sideways and backwards.
- Jump a swinging rope (Skipping).
- Design a jumping obstacle course to try different heights.
- Jump off a bench on to the floor.
- Star, pin and tuck jumps once jumping technique is established.



Hopping

Purpose

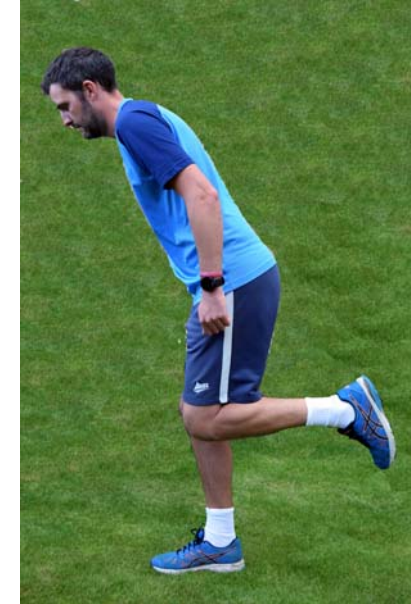
Hopping develops leg strength, balance and co-ordination.

Equipment

- Ball

Activity and Teaching Points

- Hop on the spot, repeating on both legs.
- The trunk is relaxed and leaning forward slightly.
- The bent leg should be at a forty five to ninety degree angle.
- Use the back of a chair or stool for additional support whilst the children develop this skill.



Progression

- Holding a large sponge ball will help a child achieve better balance.
- Hop over a line.
- Increase the length of the hop.
- Hop in a given sequence.
- Create hopping patterns.



Hoop Spins

Purpose

To develop wrist strength and coordination.

Equipment

- Hoop

Activity and Teaching Points

- Hold the hoop using fingers to grasp it.
- Keep it in contact with the floor at all times.
- Rotate the wrist causing the hoop to spin. Catch and repeat.
- Rotate the hoop both ways, faster and slower.
- Try to get the hoop rotating in the same spot.



Progression

- Change direction of the spin.
- Change hands.
- Increase speed of spins.
- Spin and then run around the hoop returning before the hoop finishes spinning.



Running

Purpose

To develop stamina, appropriate running action and body awareness.

Equipment

- Cones
- Spots

Activity and Teaching Points

- Ensure a heel/toe movement.
- Moves arms in opposition to legs with arms bent helping give you power.
- Eyes look forward.
- Trunk leans slightly forward.
- High knees lift, legs swing forward on recovery, not to the side.
- Relaxed and rhythmical movement with control.
- Make sure arms and legs are moving in straight lines



Progression

- Run to a marker and back to return.
- Run and stop on command.
- Change of speed.
- High knees, light steps.
- Run backwards.
- Run and jump over a object.

Ball Rolling

Purpose

These activities help to develop hand/eye co-ordination. The focus is on sending the ball to a partner.

Equipment

- Range of different size balls.

Activity and Teaching Points

- Lie on tummy holding the ball with hands, fingers spread and behind the ball.
- Push the ball with both hands making sure the arms follow where in the direction the ball is meant to go in.
- When rolling from standing put the opposite leg forwards to the hand/arm used to roll the ball.
- Bend down to make sure the ball rolls across the floor and doesn't bounce.
- Make sure the foot is facing the direction of the ball.



Progression

- Sit in straddle position and roll the ball to a partner.
- Roll the ball to a partner with eyes closed.
- Roll ball at a target.
- Roll the ball to a moving partner

Throwing

Purpose

To develop hand- eye co-ordination focusing on the underarm throwing action.

Equipment

- Range of different size balls.
- Hoop

Activity and Teaching Points

- To perform an underarm throw, swing, throwing arm backwards.
- Rotate shoulders and hips towards target.
- Shift weight to the rear foot during preparation.
- As weight shifts, step forward with the opposite foot.
- Arm swings through and releases.



Progression

- Gradually increase distance.
- Aim at a target.
- Gradually increase power you put on the ball.
- Throw the ball in different ways, chest pass, bounce pass, over head pass.
- Aim for a moving target.

Catching

Purpose

These activities will help develop hand/eye co-ordination. The focus will be on receiving the ball.

Equipment

- Range of different size balls.
- Different sized/shaped objects
- Balloons

Activity and Teaching Points

- Relaxed hands
- Spread fingers, making W shape. Or cup hands to catch something that is dropping
- Eyes to track the ball.
- Arms stretched towards the ball and pull the ball in to the chest.



Progression

- Try catching different size balls.
- Try catching different sized and shaped objects.
- Catch a balloon by tracking the balloon down.
- Drop the ball from different heights and react to catching it before the ball hits the floor.
- Throw and catch with a partner.
- Throw and catch while on the move with a partner.



Beanbag Pass

Purpose

This activity will help develop hand/eye co-ordination.

Equipment

- Beanbags/small objects.

Activity and Teaching Points

- Sit in pairs with legs crossed and hands placed palms up on their knees.
- Start with one beanbag or object in one child's right hand.
- They must pass the beanbag over to their left hand and then over to their partners right hand.
- Their partner then passes the beanbag from their right and to their left and back over to the starting persons right hand.

Progression

- Change direction the beanbag travels.
- Work in bigger groups and pass the beanbag in a circle.
- Add more than one beanbag to the group.