

## Level 1 Body awareness

Lie on your tummy on a bench and pull yourself along it, then push yourself back.



Turn turtle: Lie on your stomach and don't let your partner roll you onto your back.



Lie on a skateboard and push yourself along.



Draw shapes in the air using a stick with ribbon tied to the end. Use both hands.



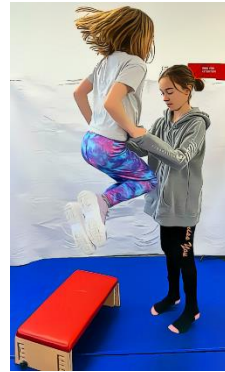
Draw around your hand on a piece of paper.

Give yourself a hug, squeezing your arms.



Stamp your feet.

Jump off a low box or bench holding your partner's hands and keeping your feet together.



Push against a wall with both hands.

Bounce on a trampette.



Log roll: Lie on the floor with your arms stretched above your head and roll both ways in a straight line.



Stand 0.5m away from a wall and lean against it with your back.



## Level 2 Body awareness

Lie on your stomach on an inclined bench or slide and pull yourself up it using your hands. Don't use your feet.



Bounce on a trampette. Jump off keeping your feet together.



Lie on your stomach and lift your arms above your head holding a ball. Throw the ball at some skittles 2 meters away to knock them over.



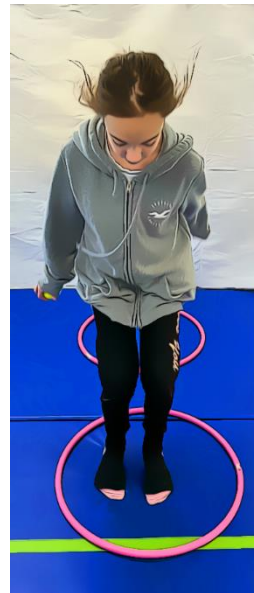
Star jumps.



Bunny jumps over a straight line keeping your hands on the floor.



Statues: In kneeling or half-kneeling, don't let your partner move you.



Keeping both feet together, jump into hoops placed around on the floor.

Lie on your back and have your partner roll a large ball along your body.



Foot wars: Sit on the floor with your knees bent and feet against your partner's, try to push against each other's feet alternating legs.



Simon-Says in standing: copy your partner's actions

Sausage roll: lie down on the end of a blanket. Hold onto it and roll yourself up in it. Then unroll yourself.



### Level 3 Body awareness

Statues: While standing with your eyes closed, try not to be moved by someone else.



Lie over a gym ball on your front and rock forwards and backwards.

Bunny jumps: With your hands on the bench, jump from one side to the other over the bench. Keep your feet together as you land.



Skipping with a rope.

Play a game of tug of war.



Complete an obstacle course climbing over and crawling under things as quickly as you can.

Sit on the floor with your legs straight in front of you and hold a ball with both hands. Move forwards by shifting your weight from left to right.



Try to walk forwards with your arms out in front of you whilst your partner pushes against your hands.

Can you draw a circle in the air with one hand and a triangle with the other.



Play a game of musical statues.

Lunge forward without letting your knee touch the floor, twist your body to reach one hand up towards the sky. Can you look up at your hand?

