

GOALS: Body Planes

Movement Patterns:
 same-same
 opposite-opposite

Body Awareness:
 top-bottom
 left-right
 (in different Body Positions)

Skill Development	Instructions	Exercise
<p>The Movement Patterns and Body Awareness exercises are chosen to create awareness of bilateral coordination (the ability to coordinate both sides of the body at the same time) and cross-lateral (opposite sides of the body work together to coordinate e.g. the right arm and left leg / the left arm & right leg). Performing opposite movement patterns builds the bridge between the right and the left hemispheres (this is essential for cerebral activities such as reading, hand-eye coordination and learning language).</p>	<p>Follow the movement sequence of:</p> <p style="text-align: center;">TOP - TOP BOTTOM - BOTTOM SAME - SAME OPPOSITE - OPPOSITE</p> <p>Repeat this sequence in different body positions such as in:</p> <ul style="list-style-type: none"> • Supine / lying on back • Prone / lying on tummy • Sitting (straight-legged) • Crawling position (on hands & knees) • High-kneeling • Standing <p><u>Challenge:</u> Instead of saying the sequence aloud, use numbers 1-12.</p>	<ul style="list-style-type: none"> • Supine <u>TOP:</u> raise both arms upwards. <u>BOTTOM:</u> raise legs up (straight) or bend knees (bring legs to body). <u>SAME:</u> raise left arm & left leg; raise right arm & right leg. <u>OPPOSITE:</u> raise left arm & right leg; raise right arm & left leg. • Prone TOP-TOP BOTTOM-BOTTOM SAME-SAME OPPOSITE-OPPOSITE Say the sequence as you are performing the movement patterns. • Sitting straight-legged (same as above) • Crawling / Table-position <u>TOP:</u> arms straight out / forwards <u>BOTTOM:</u> flick both feet (heels) up towards your bottom. <u>SAME& OPPOSITE:</u> (remember to shift your weight to help you maintain your balance). Lift up

		<p>and use a straight leg movement pattern.</p> <ul style="list-style-type: none"> • High-kneeling TOP: arms up and forwards BOTTOM: flick your heels upwards towards your bottom. SAME: raise knee slightly off ground while raising same side's arm. OPPOSITE: remember to shift your centre of gravity to maintain balance. • Standing TOP: both arms above your head BOTTOM: jump SAME & OPPOSITE
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Feedback/Notes