

Move it

SUMMARY OF MOVES

PHYSICAL MOVEMENT AND LEARNING

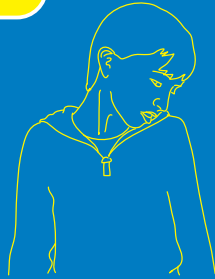
Take care when doing the Brain breaks.
Follow your teacher's instructions.
Move slowly.
Check that you have enough space around you.
Practise until you get better.

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relaxers

1

Relaxers help children experience the difference between feeling relaxed and feeling anxious or stressed.



energisers

2

Energisers help children become more physically alert. Energisers improve oxygen uptake and can be used to help children remain attentive.



stretchers

3

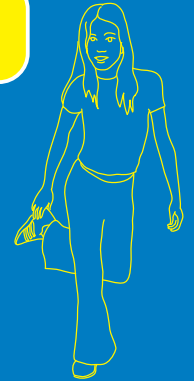
Stretchers help children improve posture, balance, flexibility of muscles and joints and awareness of their bodies.



lateralisers

4

Lateralisers help children develop lateral coordination, bodily integration and voluntary motor control. Lateralisers are an essential part of your Brain breaks repertoire.



large

5

Brain breaks for large movements focus on the steady manipulation of the large limbs.



little

6

Little movements help children when they have to become adept at quickly manipulating objects such as pens, pencils and brushes.



coordinates

7

Coordinates help children develop observation, language exchange, cooperation and self-awareness.



linkers

8

Linkers are deliberately used to communicate content in a memorable and distinctive way.



writers

9

Brain breaks for handwriting help children rehearse the shapes of letters and words in advance of writing them on the page.



readers

10

Brain breaks for literacy help children rehearse, explore and have fun with the shapes of letters, words and punctuation.



counters

11

Brain breaks for numeracy help children rehearse, explore and have fun with patterns of numbers.



trackers

12

Eye trackers help children improve eye movements. Many reading problems have their source in poor eye tracking.

