

## I-Baware 1

## Find The Body Part

**Purpose:** To anchor body part awareness

**Numbers:** Three's

**Resources:** None



### Integration play

- One of you starts off as the Caller. The caller says two body parts eg, thumb and big toe, or, ear and knuckle. The other two have to connect those two body parts together, on each other.
- When you've touched them you score a point. If you can't find them or touch them the Caller gets a point. The Caller can only score if they can touch that body parts. Swap over and have another go.
- First one to score 10 points is the winner.

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## I-Baware 2

## Elephant Walking

**Purpose:** To improve balance and laterality

**Numbers:** Individual

**Resources:** Floor space



### Integration play

- Your nose has grown! You now have an imaginary elephant's trunk.
- Crawl on all fours around the room and when the right hand and left knee reach forward, the head swings right so the trunk flies over the right hand. When the left hand and right knee reach forward, swing your trunk over this hand.
- Can you get to every wall of the room without stopping the swinging and the crawling?

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## I-Baware 1

6-7 Years

### Modification and Expansion

- Go through different body parts with the class to help identify them.
- Start with the whole class following one Caller who stands in front of the class
- Connect 3 or 4 body parts together.



### Teaching/Observation Points

- ☺ When you see a good Call and successful action let the rest of the class watch
- ☺ Remind them of the back and top and bottom parts of the body.
- ☺ Encourage imaginative body contortions – elbow and soles of feet, ear and knee etc.

## I-Baware 2

6-7 Years

### Modification and Expansion

- Start off crawling and slowly introduce the idea of the swinging trunk.
- Homolateral crawl – left hand and knee forward then right hand and knee with trunk swing.
- Really slow motion – emphasise the rotation of the neck – keep the eyes closed!



### Teaching/Observation Points

- ☺ Encourage large and slow movements of the hands and trunk
- ☺ Crawling should be left hand and right knee forward, then right hand and left knee
- ☺ The eyes should swing across so they look up to the ceiling each time.