

Content outline

This activity aims to develop mobility whilst on the ground

- Mobility
- Rolling



This resource and supporting video have been created by:

Angela Lydon, West Specialist Inclusive Learning Centre

This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Special Olympics
Great Britain



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



Space

- Increase the distance the young person is required to travel
- Decrease the distance away the young person is required to travel



Task

- Adapt the speed the young person is asked to travel
- Support the young person by holding their arm above their head – this will help if the arm is getting caught under their body
- Support the young person by lifting their leg – this will help if they are struggling to turn their body



Equipment

- Different lengths of mats will encourage the young person to roll further



People

- Gradually reduce the physical support given to complete each activity

Learning intention

Physical:

- To be able to move across the floor by rolling

Personal:

- To recognise how we can travel

Verbal Instruction / Feedback:

- Give each task specific feedback; “you are travelling really fast”
- Praise individual tasks; “Great rolling”
- Use clear language when giving instructions – use single words where possible; “Stretch your arms”, “roll”
- Use songs / rhymes to support the activity, Eg. “There were 3 in the bed ...”