

## Sample P.E. Activities

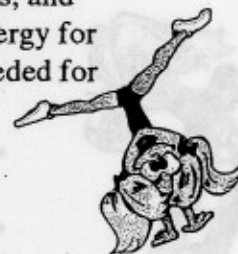


- participates in class calmly and controls anger
- taking risks when learning new movement patterns
- moving from station to station without getting "lost"
- tuning into coaches instructions
- remains focused while watching others perform
- completing class without constant prodding and attention
- joyful child you love having in class!

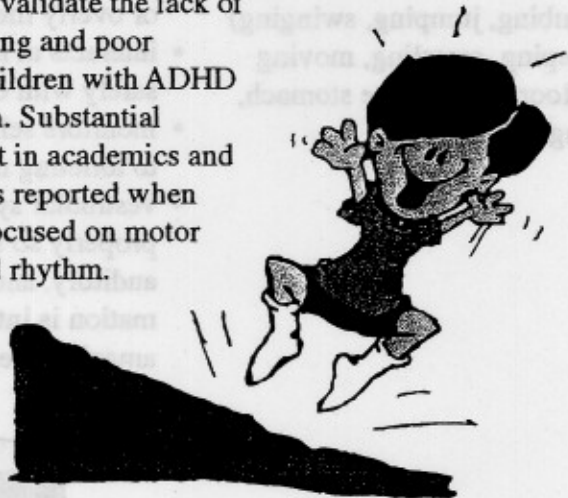
## Autonomic Nervous System

- focuses in class
- cooperates and gets along with others
- easily transition between activities
- remains "just right" in class
- establishes eye contact
- is relaxed and comfortable most of the time
- "I can do it!" attitude
- when upset, calms one-self down and breathes

Children who expend a lot of energy on functions that should be automatic (vision tracking, balance, gross, and fine motor skills) have less energy for higher level brain function needed for academics.



New studies validate the lack of motor planning and poor rhythm in children with ADHD and Dyslexia. Substantial improvement in academics and behavior was reported when treatments focused on motor planning and rhythm.



"The molecules of emotion run every system in the body.

Candace B. Pert  
*Why You Feel the Way You Feel*



### Sample P.E. Activities

- all movements requiring tucking and extending
- all balance movements
- all beam movements
- tumbling activities
- warm-ups that require strengthening of abdominal muscles
- warm-ups that require strengthening of back muscles
- all movements requiring core postural strength
- rhythmic activities
- dance activities

### Posture

- automatically sits and balances in a chair
- good focus control
- writes with ease due to good balance
- strength and endurance for seat work
- legs comfortable on the floor and not wrapped around chair legs
- sits without rocking the chair, knee sitting, or lying body across desk
- writing is fluid and comfortable



### Sample P.E. Activities

- activities that require pressure to the joints as in mat work and bar work
- activities that require climbing into tight spaces
- vestibular activities (rolling, climbing, jumping, swinging) creeping, crawling, moving at floor level on the stomach, hanging from bars

### Sensation

- calmly participates in sensory-rich activities like finger painting, gluing, clay
- correct pencil grip
- normal amount of movement; not too wiggly or overly mellow
- interacts at literacy centers safely with other children
- monitors self when it comes to toileting needs
- vestibular system is working properly so that visual, auditory, and tactile information is integrated for amazing literacy success!

