

Physical Literacy BMOE4003

Turning off devices or putting all on silent is essential prior to engaging with any of these in order to provide your complete self (the body and mind together - monism) the best opportunity to engage with activity.

Un plug	What you need
Colour the image as you wish Whilst colouring slow the rate of your breathing Whilst colouring concentrate on the depth of your breathing Let your body let go of unnecessary mental tension Ensure good – strong posture whilst sitting and colouring Try to continue with this whilst colouring the whole image.	A picture to colour Crayons / felt tip pens Outdoor or indoor pace
Rate the experiences impact on your physical literacy i.e. posture? Concentration? Sense of balance? Use of equipment?	
Take five	What you need
Make variety of movement – but for five seconds e.g. Stand and stretch for 5 seconds Do 5 lunges and stand and stretch for 5 sec Do 5 squats and stand and stretch for 5 sec out to one side and then the other side for 5 seconds Do 5 press-ups and lie on front and stretch for 5 sec Do 5 sit ups and lie on back and stretch for 5 sec Lie on your back and take 5 slow deep breaths – in and out To finish take 5 gulps of water	Outdoor or indoor space Glass of water
Rate the experiences impact on your physical literacy i.e. posture? Concentration? Sense of balance?	
Power play	What you need
Play brings joy. Play releases creativity. Travel back in time when you were 9yrs old only this time you are going to play as an adult e.g. Cycling? Kicking a ball against a wall or in a field/park? If you don't have a ball and neither the outdoor space you could mime kicking e.g. rugby ball over the goal posts! Skipping – rope and/or hopscotch? With one other person play frisbee? Take a dog for a walk? Go running/jogging/walking? Try to juggle?	Bike, ball, bat or Skipping rope or chalk Dog Frisbee
Rate the experiences impact on your physical literacy i.e. posture? Concentration? Sense of balance? Use of equipment?	
Stop the clock	What you need
Read poem and for each line freeze frame an image from the poem. If you can't find one you could use the one at the end of this document. Make a mental note of all the features and physical shapes you've used. Also, you could think of using different body parts to make the shapes e.g. if you have frozen with two body parts touching the floor can your next freeze frame with	Poem Indoor / Outdoor space

three completely different body parts touching the floor in the next freeze frame?	
Rate the experiences impact on your physical literacy i.e. posture? Concentration? Sense of balance?	
Tune in	What you need
Choose a happy track of music. Listen to it once without moving. Imagine the kind of moves that would match the rhythm and beat. Would you include any turning, twisting, jumping in your response? Then have a go – move to the happy beat. Are you using your feet, legs, hips, shoulders, arms, hands and head?	Happy music of your choice CD player/ radio Indoor / outdoor space
Rate the experiences impact on your physical literacy i.e. posture? Concentration? Sense of balance?	
Soul food	What you need
“We need good nutrition to stay physically healthy & it also helps to regulate emotions and maintain good mental health. So what is good for the body is good for the soul” (Unger, 2016) Well-spaced snacks help to keep your mood steady i.e. banana, grapes, blueberries, raw carrot, apple, pear, kiwi - are all easy & quick and nourishing. Stay hydrated – Keep water to hand – get into habit of filling glass o water before each lecture ‘cues’ to help remember to drink regularly.	Favourite fruit Raw carrot Glass of water
Rate the experiences impact on your physical literacy i.e. healthy digestive system helps overall sense of well-being?	
Cat nap	What you need
Go to a comfortable location and close curtains. Lie down & close your eyes Slow down your breathing – increasing the seconds each time with the intake and out-take of breath. As you are doing this acknowledge two or three things that you are grateful for in life. Stretch your whole body – starting with your toes & traveling up to your to your hands. Have a restful 5mins. As you wake up – open the curtains / blinds and stand in the natural light of the sun whilst still breathing slowly.	Somewhere comfortable to sit / lie down for 5mins.
Rate the experiences impact on your physical literacy i.e. Wellbeing? Peacefulness?	



Poems for 'Stop the Clock'

Pick Yourself Up

Poet: Julie Hebert (2011)

It's time to think **big** and not be **scared** of the world,
As challenges make life interesting and **fun**.
Take the next **step** and **dive** into something new,
And you're sure to one day **hit a home run**.

<https://www.stresslesscountry.com/motivational/>

EXERCISE POEM

Poet : Rob Gee (2016)

If life has stripped you bare of all your wheels and spanners
And kicked the living daylights out of your happy ever afters
If your lungs creak in your sleep
And wake up before you in the morning

It might be that exercise isn't what you do
But there will be a way of keeping fit
That's tailor made for you

You can exercise in your chair
With arms and legs and wrists `
In fact it's so easy you can do it at the dentist's

You can exercise your lungs
By shouting at the telly
You can exercise your diaphragm
By dancing with your belly

You can do things with your pelvic floor
To exercise your bladder
You can exercise some self control
And cut down on your sugar

You can save a bag of money
By growing food organically
You can practice your dexterity
By arranging flowers fastidiously

You can learn about posture
And exercise your mobility
To reduce the number of times
You exercise with gravity

You can exercise your mind
By arguing all the time
With as many people as possible
Especially if you're right

You can exercise your muscles
By swinging your children round
And then exercise your assertive skills
By refusing to put them down

You can exercise your social skills
By befriending people that are lonely
You can exercise your listening skills
By hearing poets talking slowly

You can exercise your cardiovascular system
By walking from time to time
You can exercise your smile
By sitting in the sunshine

You can exercise your heartbeat
Just by dancing cheek to cheek
And you've exercised by walking around today
To see what you can see

So thanks a lot for coming
And bringing the day to life
Have fun with all your exercises
And have fun living your life