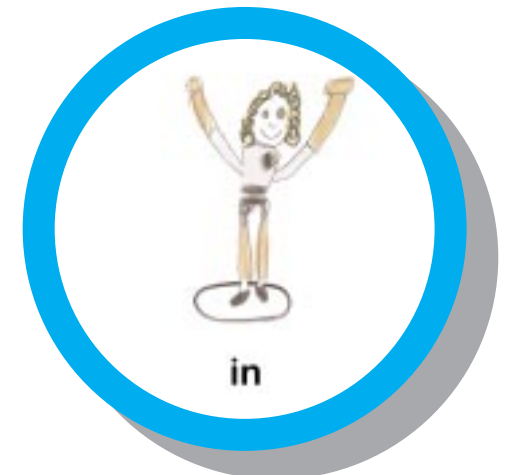
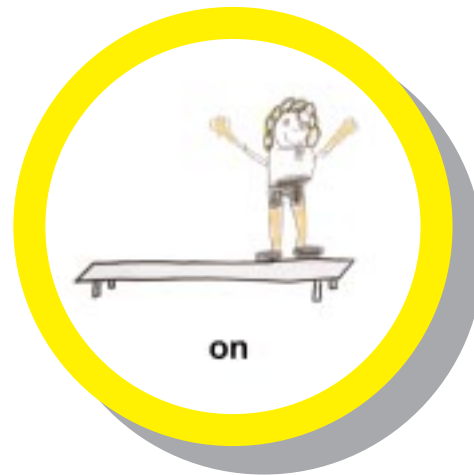
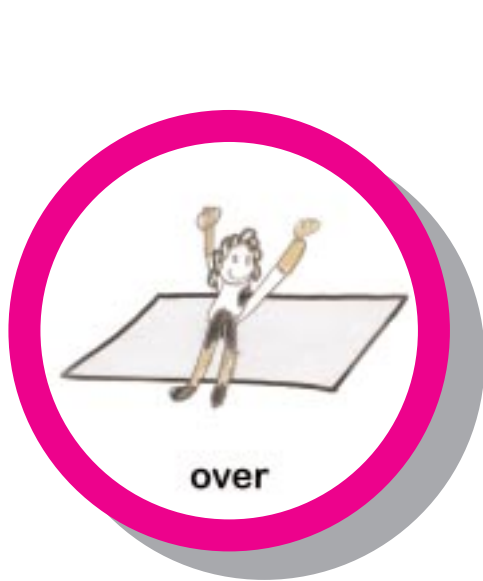


# Happy Room

## Perceptual Motor Programme

12 Week Floor and Activity Lesson Plans  
Activity Cards and Language Worksheets





# Happy Room - Perceptual Motor Programme

## Week 1

### WK1 FLOOR & ACTIVITY WARM UP

Follow teacher on the line - on toes/heels/ inside/outside of feet/ cross walk/ backwards/ heel to toe.

Freeze - balance on right foot/ left foot; two foot jumps; hopping- all skills on the spot/ line.

### WK1 FLOOR SESSION

#### Circle time -

Copy cats/ simple aerobics -

Rhyme/ action song -

Counting -

Rhyme/ action song -

#### Introduce to -

Finding, moving & sharing a space. Basic travelling skills –run, hop, 2-2 foot jump, skip, gallop, hopscotch-in different directions. Stop & start safely. Body part cards.

#### Closing circle time -

Rhyme/ cooling down song

Big stretch, big bow, big clap!

### WK1 ACTIVITY CARDS SESSION

#### Skill Development -

1. Locomotion, Foot-eye & hand eye co-ordination
2. Memory recall, Balance & body awareness
3. Motor skills, Auditory skills, Memory recall
4. Visual - eye tracking
5. Hand/foot eye co-ordination, social
6. Balance, Locomotion

#### Language Development -

On, in, along, through, to, under, over, slowly. Body parts.

#### Language Followup -

Work sheet 1.

**Assessment/ Screening Opportunity** - Activity 6. Balance, Locomotion - Heel-toe, tiptoe, heel, side step between two lines.

Pupils causing concern:

Pupils needing extension:

## Week 1

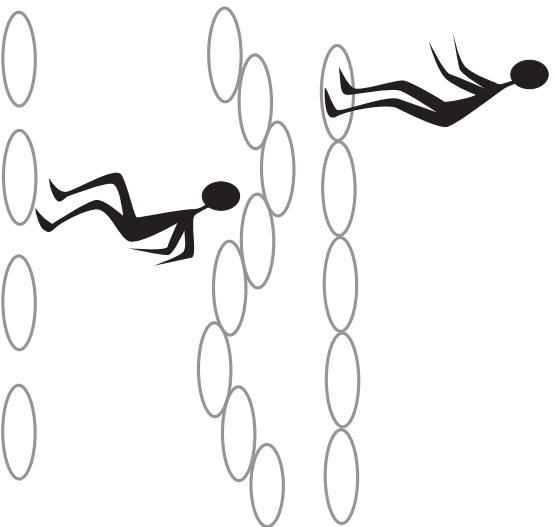
## Card 1

**Learning Outcome:** Hand-eye & Foot-eye co-ordination

Space awareness  
Language & confidence

**Equipment:**

Hoops on floor



### Activities

1. Jump from hoop to hoop - 2 feet together
2. Hop - right leg/ left leg
3. Hopscotch
4. Try the above sideways/ backwards

## Week 1

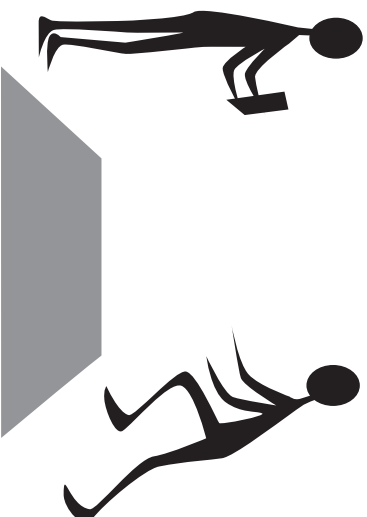
## Card 2

**Learning Outcome:** Memory recall

Body awareness  
Balance

**Equipment:**

Mat, Body part Flash cards



### Activity

Pupil/ helper shows then hide flash card.  
Other pupils jump/ hop/ step onto mat and balance on body parts displayed on flash card.  
Take turns to hold cards.

## Week 1

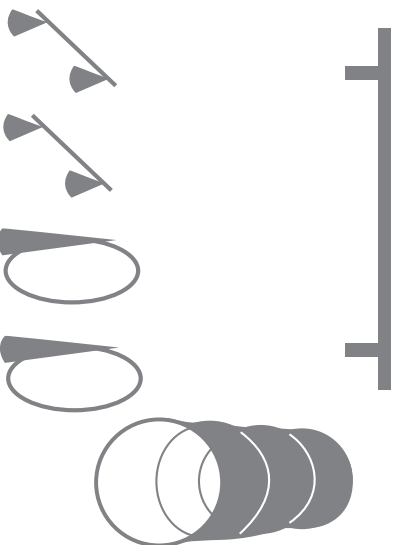
## Card 3

**Learning Outcome:** Motor skills

Auditory skills  
Memory recall

**Equipment:**

Bench, tunnel, hoops and cones



### Activities

1. Jump over canes, crawl through hoops & tunnel, step log bench, jump down safety freeze.
2. Start at the other end
3. Balance on bench (Activity2)
4. Different ways of travelling over/ under/ through

## Week 1

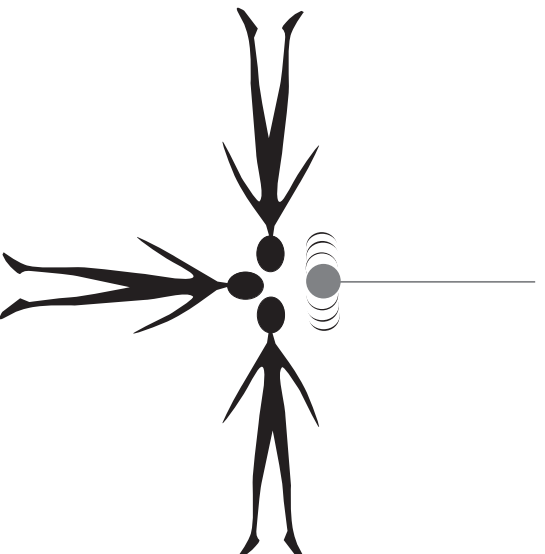
## Card 4

**Learning Outcome:** Visual skills

Social skills  
Memory recall

**Equipment:**

Tracking equipment



### Activity

Lay 3 heads under the hip high ball/ teddy.  
4th pupil slow swing the ball/ teddy forward & back, side to side, circle.  
Take turns to swing 30 seconds at a time (approx.)

## Week 1

## Card 5

**Learning Outcome:** Hand-eye & Foot-eye co-ordination

Social skills

**Equipment:**

Foam football, skittles/ markers



### Activities

1. Roll ball with right/ left hand to partner- receive/trap with hand/foot/ head/ bottom etc.
2. Push ball with right/ left foot
3. Move further away/ close the gap

## Week 1

## Card 6

**Learning Outcome:** Balance

Locomotion

**Equipment:**

Two ropes/ chalk lines

**\*Assessment/ Screening opportunity**



### Activities

1. Heel to toe walk -
2. Side step-
3. Walk on heels-
4. Tiptoe between ropes

# Happy Room PMP - Language Worksheet

Week 1

I am ...



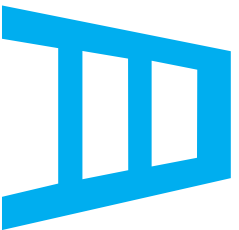
in

I am ...



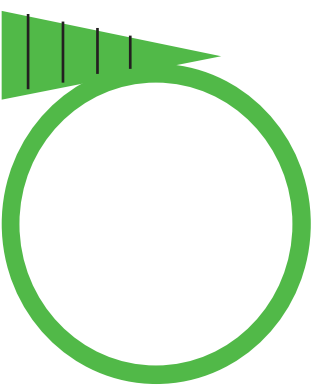
on

I am ...



over

I am ...



through

name ..... class .....

# Happy Room - Perceptual Motor Programme

## Week 2

### WK2 FLOOR & ACTIVITY WARMUP

Follow teacher on the line - on toes/heels/ inside/outside of feet/ cross walk/ backwards/ heel to toe.

Freeze - balance on right foot/ left foot; two foot jumps; hopping- all skills on the spot/ line.

### WK2 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -

Rhyme/ action song -

Counting -

Rhyme/ action song -

#### Introduce to -

Find, move in & share a space. Basic skills –run, hop, jump, skip, gallop, crawl, side step. Stop & start safely.

Numbers cards for hopscotch. Cross jump.

#### Closing Circle Time -

Rhyme/ cooling down song.

Big stretch, big bow, big clap!

### WK2 ACTIVITY CARDS SESSION

#### Skill Development -

7. Balance, Locomotion

8. Hand-eye, foot-eye co-ordination, Locomotion

9. Memory recall, Body awareness, Balance

10. Visual skills, Hand-eye co-ordination

11. Hand-eye, Bilaterality

12. Locomotion, Space awareness, Balance

#### Language Development -

On, in, along, through, to, under, over, slowly, cross, jump, swing, numbers.

#### Language Followup -

Worksheet 2

#### Assessment/screening opportunity - Activity 8. Hand-eye, foot-eye co-ordination, Locomotion - hop & jump

Pupils causing concern:

Pupils needing extension:

## Week 2

## Card 7

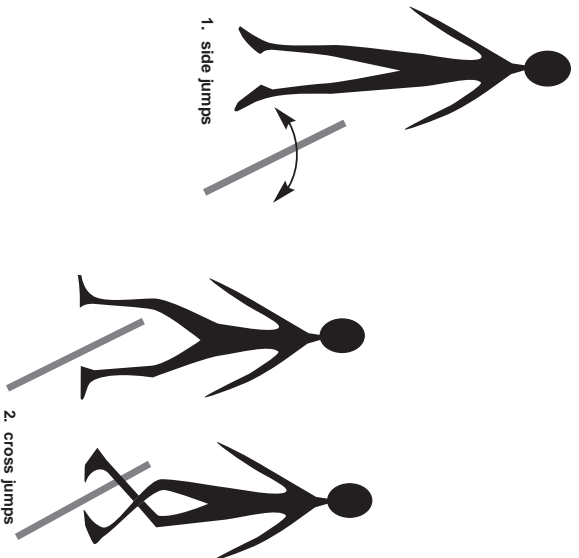
**Learning Outcome:** Balance

Locomotion

Directionality

**Equipment:**

Two ropes/ chalk lines



### Activities

1. Jump & count x10 / x20 side jumps
2. Start astride line, jump & land cross feet x10 / x20

## Week 2

## Card 8

**Learning Outcome:** Hand/eye, Foot/Eye co-ordination

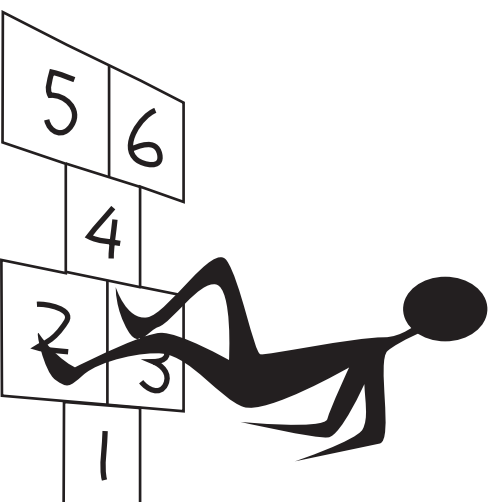
Social skills

Locomotion

**Equipment:**

Chalk squares with numbers/ number Mats, large dice

**\* Assessment/ screening opportunity**



### Activity

Roll the dice, hopscotch, missing out the number thrown

## Week 2

## Card 9

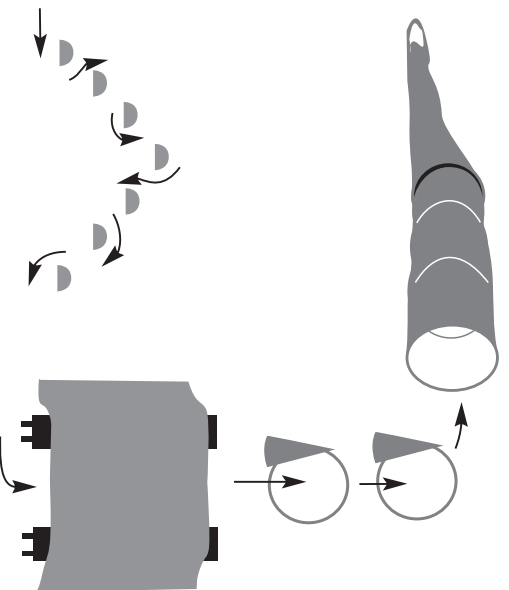
**Learning Outcome:** Memory recall

Body awareness

Balance

**Equipment:**

Tunnel and floppy tunnel, hoops and skittles, mat over 2 benches, markers



### Activities

Crawl through maze of markers, under mat, through hoops and tunnel forwards / backwards.

## Week 2

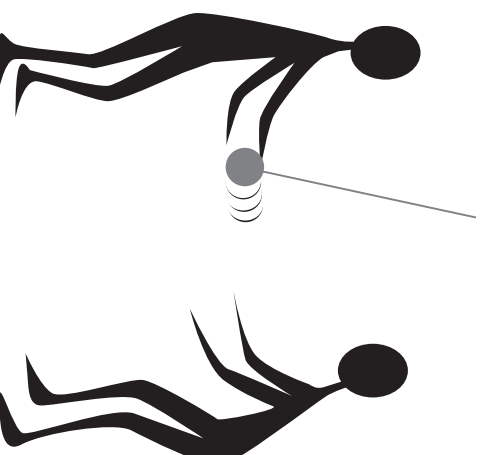
## Card 10

**Learning Outcome:** Visual skills

Social skills

**Equipment:**

Tracking equipment



### Activity

Gently swing and catch the ball with a partner/ small group. Take turns to catch.

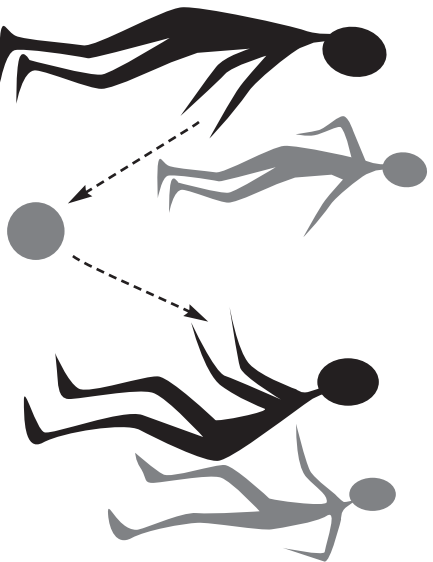
## Week 2

## Card 11

**Learning Outcome:** Hand-eye co-ordination

Bilaterality

**Equipment:** Bobble ball/ soft touch volleyball



### Activities

1. Throw and catch ball with a partner, change partners
2. Bounce and catch in small group
3. Count the number of catches
4. Bounce high and low - change the ball.

## Week 2

## Card 12

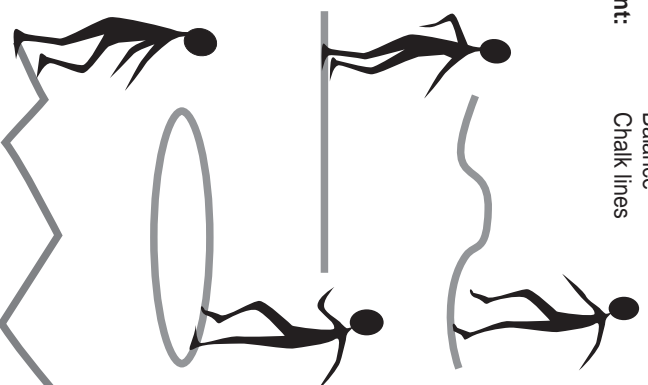
**Learning Outcome:** Locomotion

Space awareness

Balance

**Equipment:**

Chalk lines



### Activities

1. Heel to toe walk - forwards/ backwards
2. Side step - right/ left leg leading
3. Walk on heels - forwards/ backwards
4. Tiptoe along the chalk lines/ with beanbag on head

# Happy Room PMP - Language Worksheet

Week 2

I can ..... the ball

bounce

throw

catch

roll

name .....

class .....

# Happy Room - Perceptual Motor Programme

## Week 3

### WK3 FLOOR & ACTIVITY WARMUP

Follow teacher on a wiggly pathway around the gym, hands on head/ nose etc, and freeze on command. Into a circle.

### WK3 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song -  
Counting -  
Rhyme/ action song -

#### Introduce to -

Find, move & sharing a space. Basic skills –run, hop, jump, skip, gallop, crawl, side step, hop scotch, numbers, colours, underarm throw with shuttlecocks.

#### Closing Circle Time -

Rhyme/ cooling down song / Parachute games  
Big stretch, big bow, big clap!

### WK3 ACTIVITY CARDS SESSION

#### Skill Development -

13.Balance, Gross motor  
14.Memory recall, Language( directions)  
15.Motor skills, Laterality  
16.Visual skills, Social skills  
17.Hand/foot-eye, Balance, Language( numbers)  
18.Balance, Locomotion, Directionality.

#### Language development -

Roll, to, between, bounce, throws, catch, follow, body parts.

#### Language Followup -

Worksheet 3

#### Assessment/screening opportunity - Activity 15. Motor skills, Laterality – crawling (opposite knee with hand)

Pupils causing concern:

Pupils needing extension:

**Week 3****Card 13**

**Learning Outcome:** Balance

Locomotion

**Equipment:** Jump board, mat



**Activities**

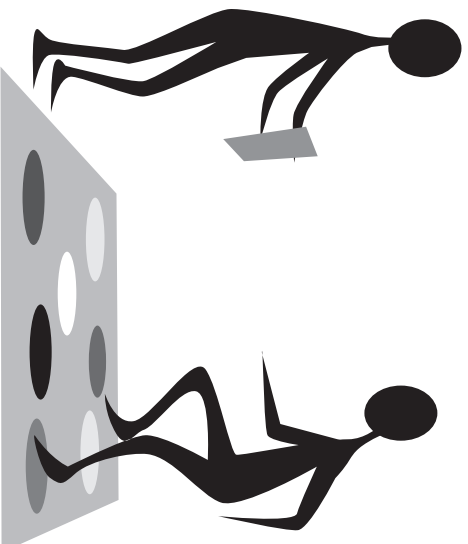
1. Jump for height & count x10 / x20. Take helpers hand if required, stop and step off.
2. Jump x10, jump off to land in freeze position on feet
3. Jump x10, jump off marking shape in jump, to land in freeze position on feet.

**Week 3****Card 14**

**Learning Outcome:** Memory recall

Language (colours)

**Equipment:** Mats, colour flash cards



**Activity**

Pupil holds the flash card. Others take turns to look at flash card, 'say what you see' (left to right). Step, jump, hop, sit, balance on colours in order

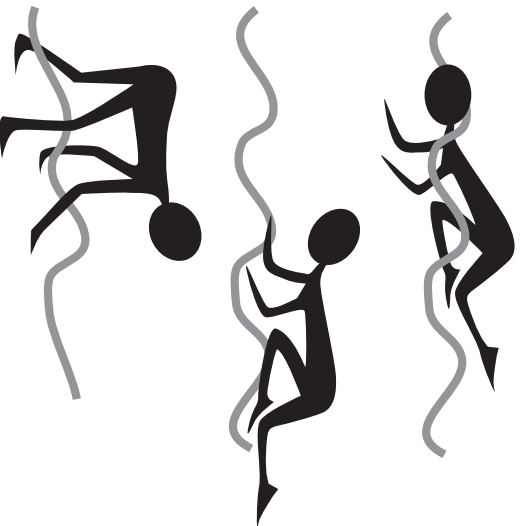
**Week 3****Card 15**

**Learning Outcome:** Motor skills

Laterality

**Equipment:** Ropes

**\*Assessment/Screening opportunity**



**Activities**

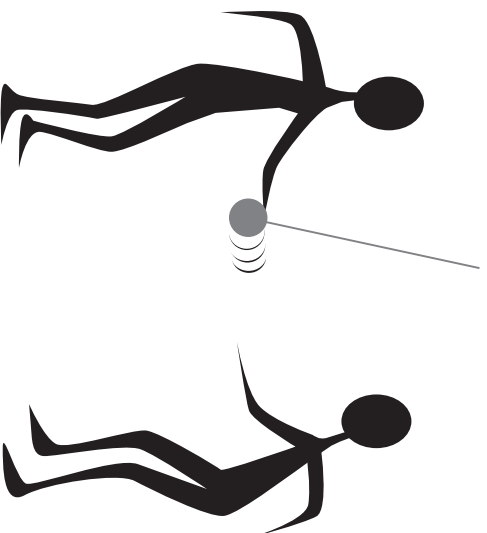
1. Crawl over ropes
2. Crawl between ropes
3. Crawl astride ropes
4. Jump/ hop/ skip/ side step between ropes

**Week 3****Card 16**

**Learning Outcome:** Visual skills

Social skills

**Equipment:** Tracking equipment



**Activities**

1. Gently swing and PAT the ball with a partner/ small group. Take turns to pat.
3. Use other hand.

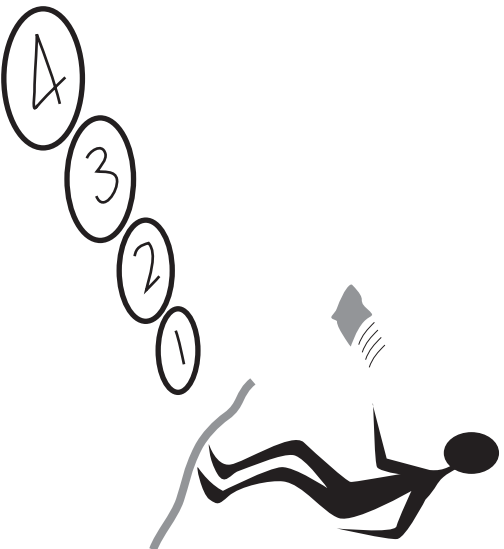
### Week 3

### Card 17

**Learning Outcome:** Hand-eye & Foot-eye co-ordination

Balance  
Language (numbers)

**Equipment:** Line, x4 hoops, x4 beanbags/  
shuttlecocks/ quoits



#### Activity

Underarm throw x4 beanbags/ shuttlecocks/ quoits into hoops, add up the points?!

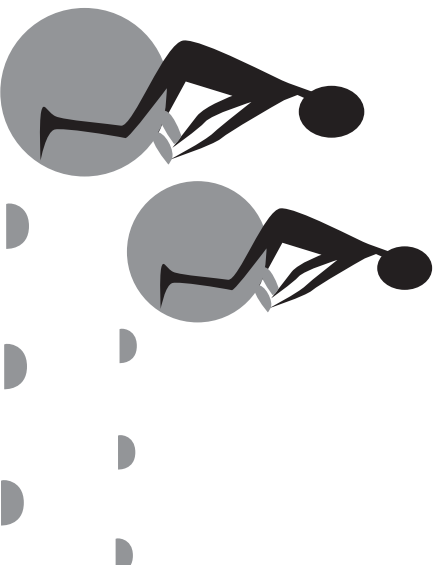
### Week 3

### Card 18

**Learning Outcome:** Balance  
Locomotion

Directionality

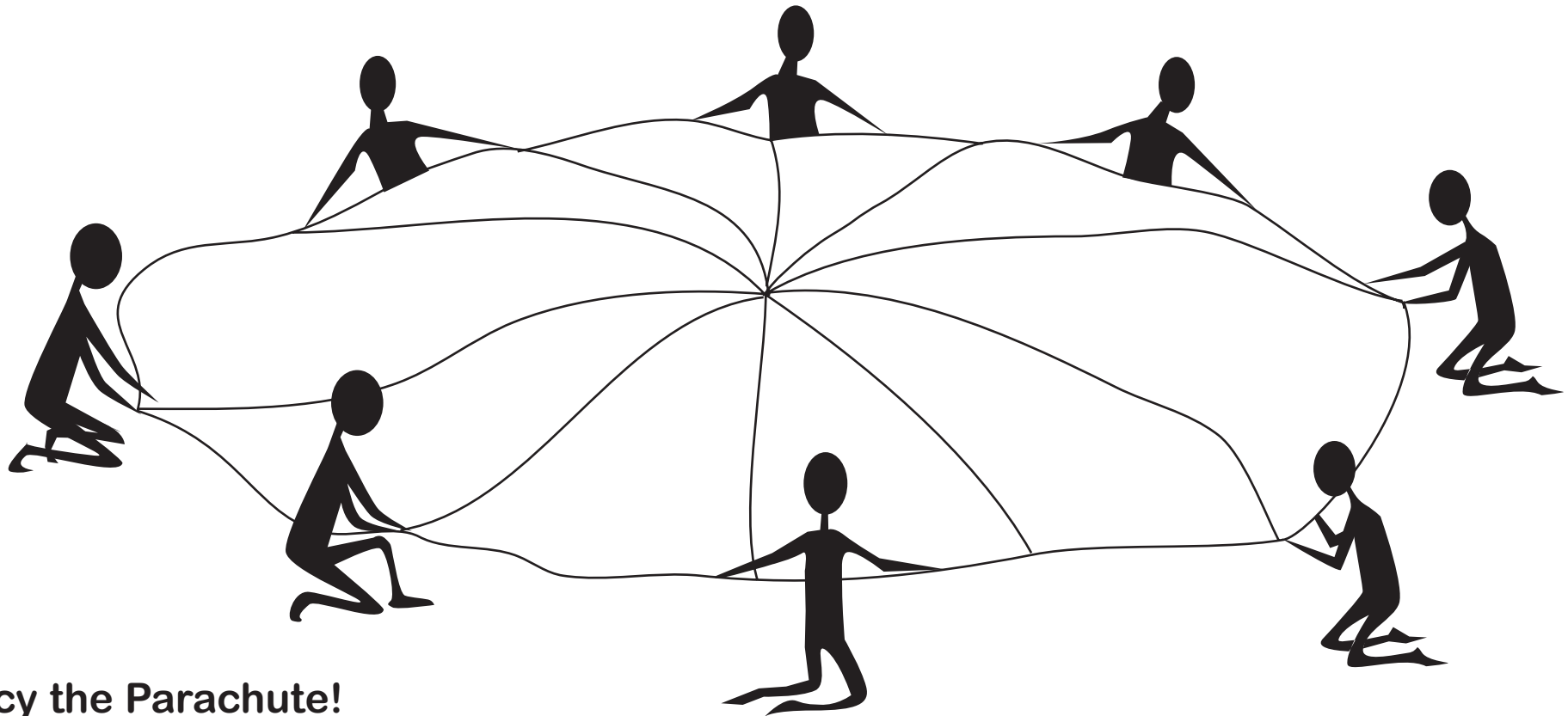
**Equipment:** 2x space hoppers, x6 markers



#### Activities

1. Bounce in figure 8 around the course
2. Change the course
3. Race your partner.

We are in the gym with



Percy the Parachute!

# Happy Room - Perceptual Motor Programme

## Week 4

### WK4 FLOOR & ACTIVITY WARM UP

Follow teacher on a wiggly pathway around the gym, hands on head/ nose etc, and freeze on command. Into a circle.

### WK4 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song-  
Counting-  
Rhyme/ action song-

#### Introduce to -

Find, move & share a space. Basic skills –run, stamp right/ left foot, hop, jump, skip, gallop, crawl, bunny hop, side step, stop, start, balance, direction cards. Pull on tummy

#### Closing Circle Time -

Rhyme/ cooling down song  
Big stretch, big bow, big clap!

### WK4 ACTIVITY CARDS SESSION

#### Skill Development-

19. Physical fitness, Body awareness  
20. Memory recall, Language ( colours)  
21. Motor skills, Bilaterality, Balance  
22. Visual skills, Social skills  
23. Hand/foot-eye co-ordination, Balance  
24. Balance, Locomotion, Directionality

#### Language Development -

Up, colours, in & out, stamp, along, to, under, over, slowly, stamp, pull, tunnel, bat, springboard

#### Language Followup -

Worksheet 4

#### Assessment/screening opportunity- Activity 24. Balance, Locomotion, Directionality - space hop around/on circle (Hand-eye co-ordination)

Pupils causing concern:

Pupils needing extension:

#### Week 4

#### Card 19

**Learning Outcome:** Physical fitness

Body awareness

**Equipment:** Bench, hoops, canes, skittles



#### Activities

1. Pull along bench on turn through & under
2. Push backwards on turn through & under
3. Using feet push backwards on back through & under
4. What else?

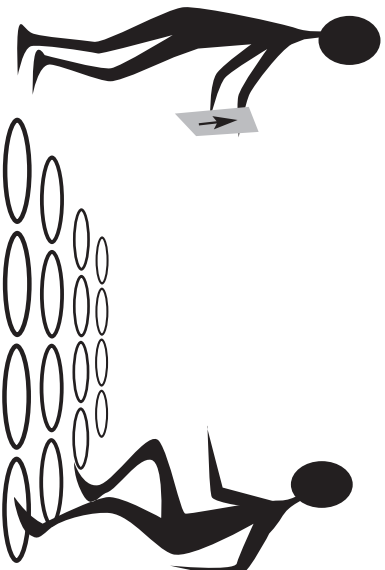
#### Week 4

#### Card 20

**Learning Outcome:** Memory recall

Language (colours)

**Equipment:** Mats, Arrow flash cards



#### Activity

Pupil holds the flash card. Others take turns to look at flash card, 'say what you see' (left to right) Step, jump, hop, sit, balance in hoop in the right direction/order

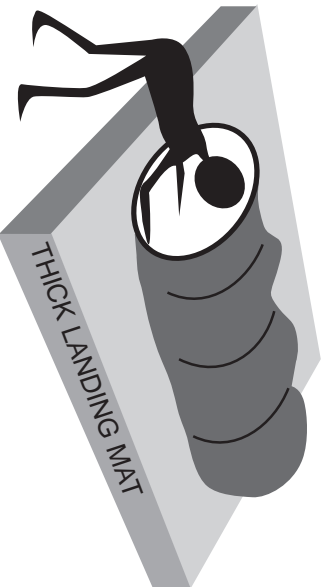
#### Week 4

#### Card 21

**Learning Outcome:** Motor skills

Bilaterality

**Equipment:** Tunnel, Crash mat



#### Activities

1. Crawl through tunnel
2. Crawl backwards through tunnel

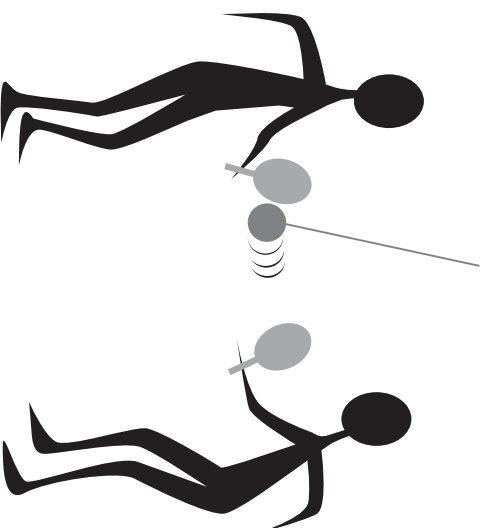
#### Week 4

#### Card 22

**Learning Outcome:** Visual skills

Social skills

**Equipment:** Tracking equipment



#### Activities

1. Gently swing and PAT the ball with a partner/ small group using padder bat/ net bat. Take turns to pat.
2. Use other hand.

## Week 4

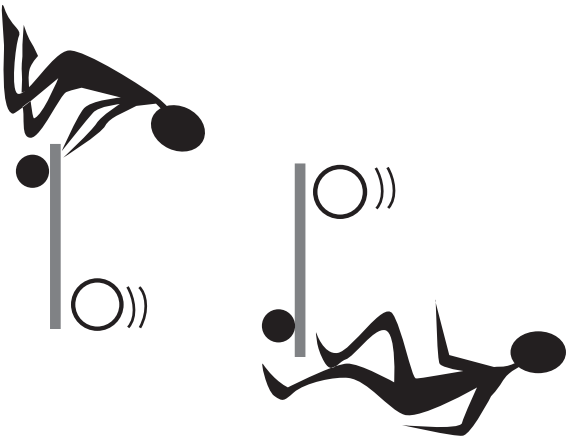
## Card 23

**Learning Outcome:** Hand-eye & Foot-eye co-ordination

Balance

**Equipment:**

Springboards, balloons/ foam football, beanbags



### Activities

1. Place balloon on board, stamp, move to catch
2. Stamp with other foot
3. Change to foam football
4. Change to beanbag, catch with left/ right/ both hands

## Week 4

## Card 24

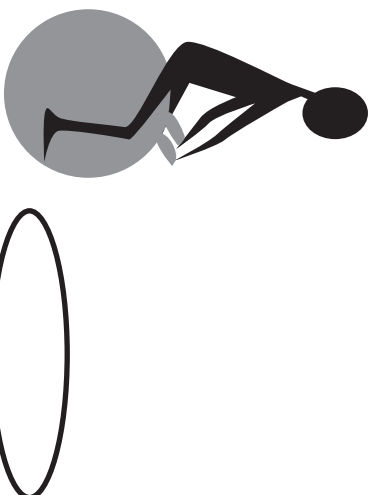
**Learning Outcome:** Balance

Locomotion

Directionality

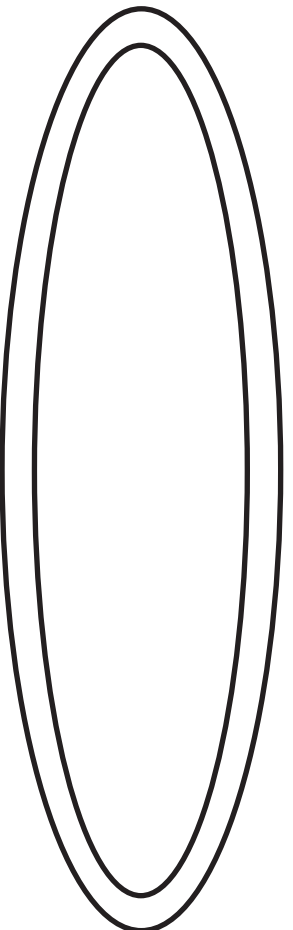
**Equipment:**

2x space hoppers, chalk circle  
\* Assessment/Screening opportunity



### Activities

1. Bounce around the outside of circle
2. Bounce the other way
3. Bounce on the line
4. Play tig inside the circle



I am in the ..... hoop

name .....

class .....

# Happy Room - Perceptual Motor Programme

## Week 5

### WK5 FLOOR & ACTIVITY WARM UP

Stand, jump, and hop in a hoop. Jog in & out hoops, jog back to own hoop. Jog around hoops sit a different coloured hoop, repeat- “what colours did you sit in?”

### WK5 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics  
Rhyme/ action song -  
Counting -  
Rhyme/ action song -

#### Introduce to -

Find, move & share a space. Basic skills –run, hop, skip, gallop, monkey walk, jump & land safely, throw & catch & bounce & dribble & pat, shapes.

#### Closing Circle Time -

Rhyme/ cooling down song  
Big stretch, big bow, big clap!

### WK5 ACTIVITY CARDS SESSION

#### Skill Development -

25.Locomotion, Body awareness, Foot-eye co-ordination  
26.Memory recall, Language  
27.Motor skills, Laterality, Balance  
28.Visual skills, Social skills  
29. Hand/foot-eye co-ordination, Social skills, body awareness  
30. Balance, Locomotion, Directionality

**Language Development -** roll, to, between, bounce, throw, catch, dribble, follow, shapes, jump, land,

**Language Followup -** Worksheet 5

**Assessment/Screening opportunity -** Activity 26. Language-colours. Memory recall sequence of 3  
Pupils causing concern:  
Pupils needing extension:

## Week 5

## Card 25

**Learning Outcome:** Locomotion

Body awareness

**Equipment:** x2 Foam footballs/soft touch volleyball, skittles



### Activities

1. Dribble in/ out skittles using best foot/ other foot
2. Dribble in/ out with alternate feet
3. Bounce/ roll ball in/ out using right/ left/ alternate hands
4. What else?

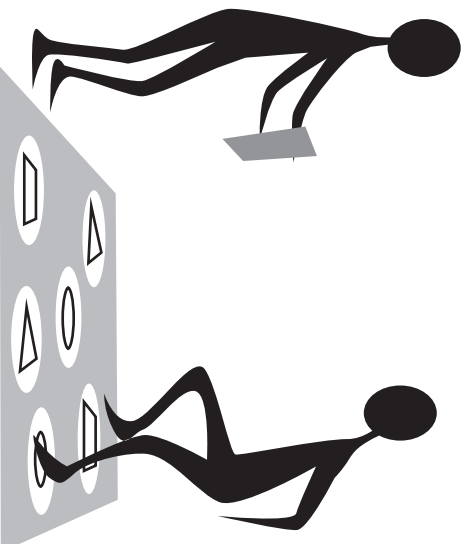
## Week 5

## Card 26

**Learning Outcome:** Memory recall

Language (colours)

**Equipment:** Mats, Shape flash cards  
\*Assessment/Screening opportunity



### Activity

One pupil hold the flash card. Others take turns to look at flash card, 'say what you see' (left to right), Step, jump, hop, sit, balance in hoop in the right direction/order

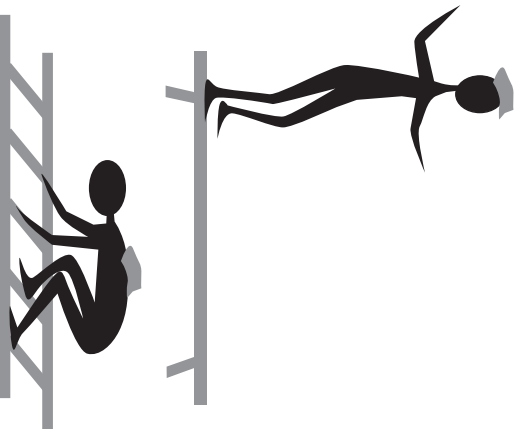
## Week 5

## Card 27

**Learning Outcome:** Motor skills

Laterality

**Equipment:** Bench, Ladder, Beanbags



### Activities

1. Walk along bench with bean bag on head
2. Monkey walk along ladder with bean bag on back
3. Repeat backwards

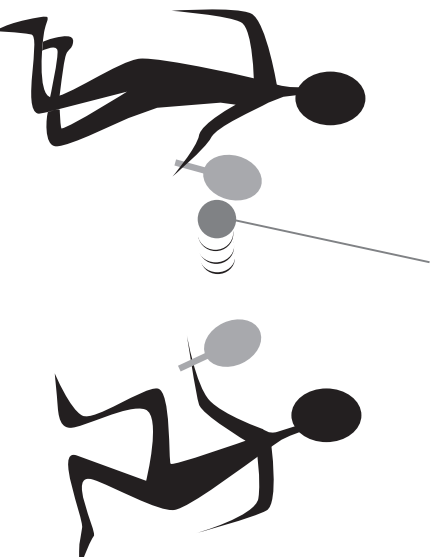
## Week 5

## Card 28

**Learning Outcome:** Visual skills

Social skills

**Equipment:** Tracking equipment



### Activities

1. Gently swing & PAT the ball with a partner/ small group Using padder bat/ net bat. Take turns to pat
2. Use other hand
3. Kneel on right/left/ both knees & pat ball

## Week 5

## Card 29

**Learning Outcome:** Hand-eye & Foot-eye co-ordination

Social skills

Body awareness

**Equipment:** 4-12 Juggling scarves



### Activities

1. Scrunch up scarf in right/ left hand, throw & catch
2. Throw & catch with same/ opposite/ both hands
3. Throw & catch on different body part
4. Throw & catch with a partner, use more than 1 scarf

## Week 5

## Card 30

**Learning Outcome:** Balance

Locomotion

Directionality

**Equipment:** Flat bench, hooked onto low table, mat



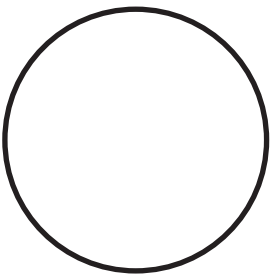
### Activities

1. Crawl up bench, kneel & stretch on table, dismount backwards
2. Pull up bench on turn, stand on table, jump off, freeze on landing, giving at ankles/ knees

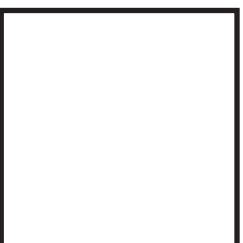
# Happy Room PMP - Language Worksheet

Week 5

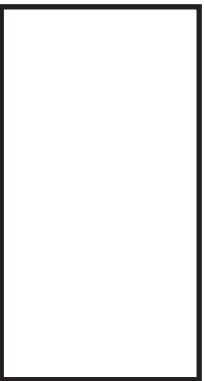
Draw and colour in



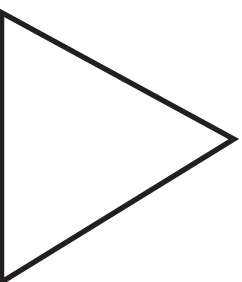
2 circles



2 squares



2 rectangles



2 triangles

name .....

class .....

# Happy Room - Perceptual Motor Programme

## Week 6

### WK6 FLOOR & ACTIVITY WARM UP

Hold on to Ratty the Rope (long rope), walking round the gym. Hold with left hand, girls go under rope to other side, hold on with right hand, swop over. Keep walking & put rope at waist, hip, knee, ankle, on the floor- jump over it, etc

### WK6 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song -  
Counting -  
Rhyme/ action song-

#### Introduce to -

Find, move & share a space. Basic skills – skipping, run, hop, jump, skip, gallop, crawl, bunny hop, caterpillar walk, side step, stop, start, change direction. Side roll, fwd roll.

#### Closing Circle Time -

Rhyme/ cooling down song  
Big stretch, big bow, big clap!

### WK6 ACTIVITY CARDS SESSION

#### Skill Development -

31.Locomotion, Body awareness, Physical fitness  
32.Motor skills, Hand-eye co-ordination  
33.Motor skills, Balance  
34.Visual skills, Social skills  
35.Hand/ eye co-ordination, Social skills  
36.Body awareness, Balance

**Language Development -** Turn, skip, body parts, wobble, caterpillar, pat, forward roll, in & out, side roll

**Language Followup -** Worksheet 6

**Assessment/Assessment opportunity -** Activity 32. Motor skills, skipping

Pupils causing concern:

Pupils needing extension:

## Week 6

## Card 31

**Learning Outcome:** Locomotion

Body awareness  
Physical fitness

**Equipment:**

x6 skittles



### Activities

1. Side step/ crawl/ bunny hop/ caterpillar walk/ crawl/ monkey walk/ hop and jump in/ out skittles
2. What else?

## Week 6

## Card 32

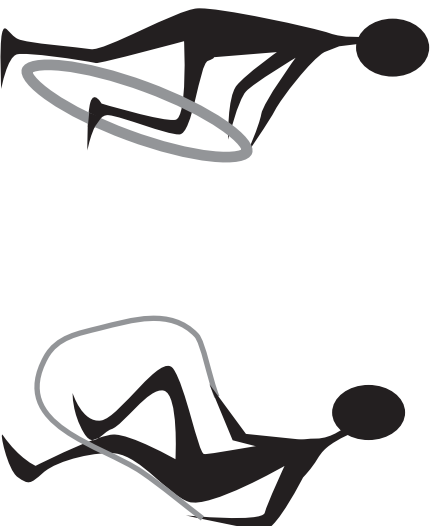
**Learning Outcome:** Motor skills

Hand-eye co-ordination  
Physical fitness

**Equipment:**

Skipping ropes, large hoops

\*Assessment/Screening opportunity



### Activities

1. Start with rope behind - swing rope/hoop over head, hold rope still at floor level- step, step over.
2. Progress to jump over & increase speed- rope held at elbow level (approx.), Different jumps
3. Skip backwards, cross over skip-what else?

## Week 6

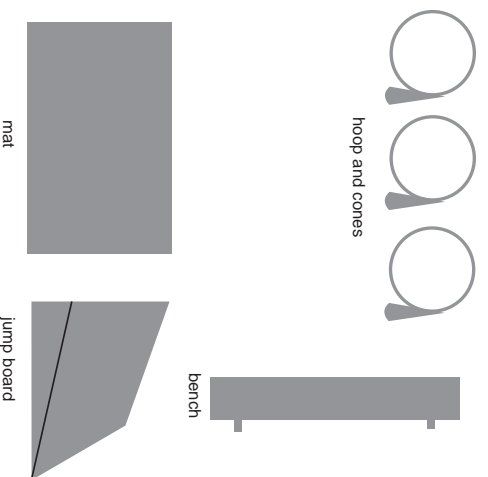
## Card 33

**Learning Outcome:** Motor skills

Balance

**Equipment:**

Bench/ training beam, jump board & mat, hoops & cones



### Activities

1. Crawl through hoops, walk along beam, x5 jumps on jump board, jump off land & freeze on mat.
2. Change direction going through hoop/ make a shape in hoop; different ways of crossing beam/ shape on beam; jump on & off beam; clap & jump; land & freeze side roll across mat.

## Week 6

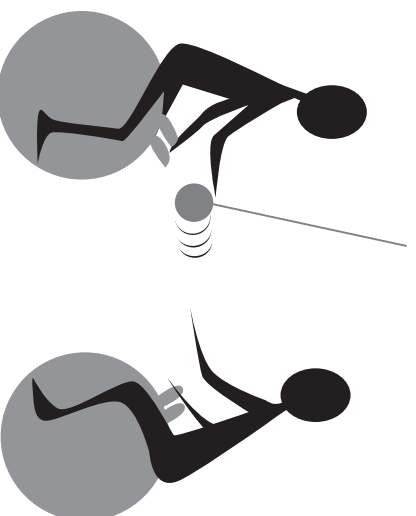
## Card 34

**Learning Outcome:** Visual skills

Social skills

**Equipment:**

Tracking equipment



### Activities

1. Gently swing & PAT the ball with a partner on space hoppers
2. Use other hand

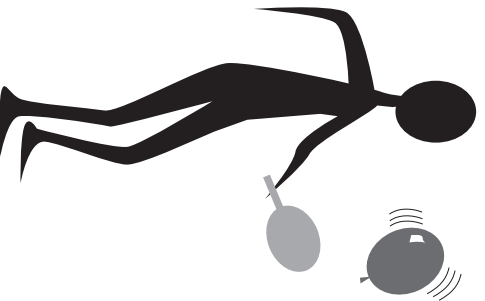
## Week 6

## Card 35

**Learning Outcome:** Hand –eye co-ordination

Social skills

**Equipment:** Padder/ Net bats, balloons



### Activities

1. Keepie up balloon, under arm, bat at elbow level
2. Change hands
3. Count to 5 & change hands
4. What else?

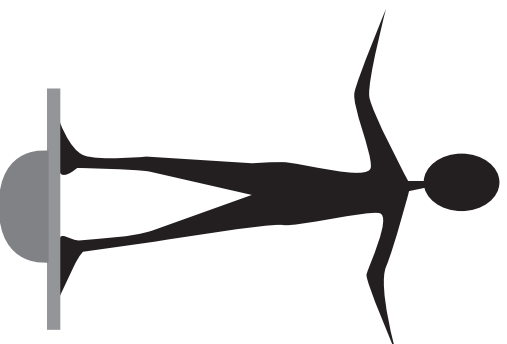
## Week 6

## Card 36

**Learning Outcome:** Balance

Body awareness

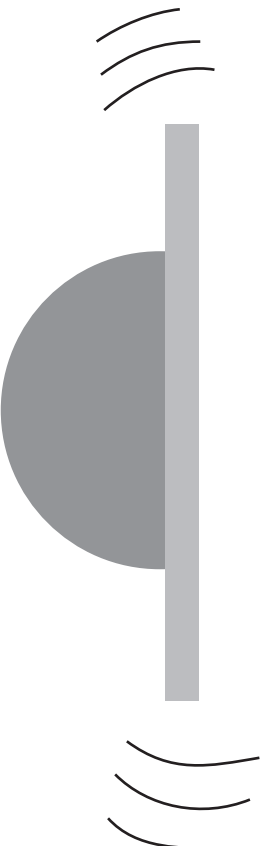
**Equipment:** Flat bench, hooked onto low table, mat



### Activities

1. Balance on wobble board
2. Balance, put hands on head, shoulders, knees, toes etc.
3. Balance beanbag on head
4. Swivel around to face opposite direction
5. Bend knees

I can balance on the wobble board



name .....

class .....

## Flash Sample Numbers

1 3 6

4 10 1

2 5 8

6 2 7

7 9 1

3 5 4

Laminate single number/ letter/ colour/ picture to place on floor mat

1

3

5

7

9

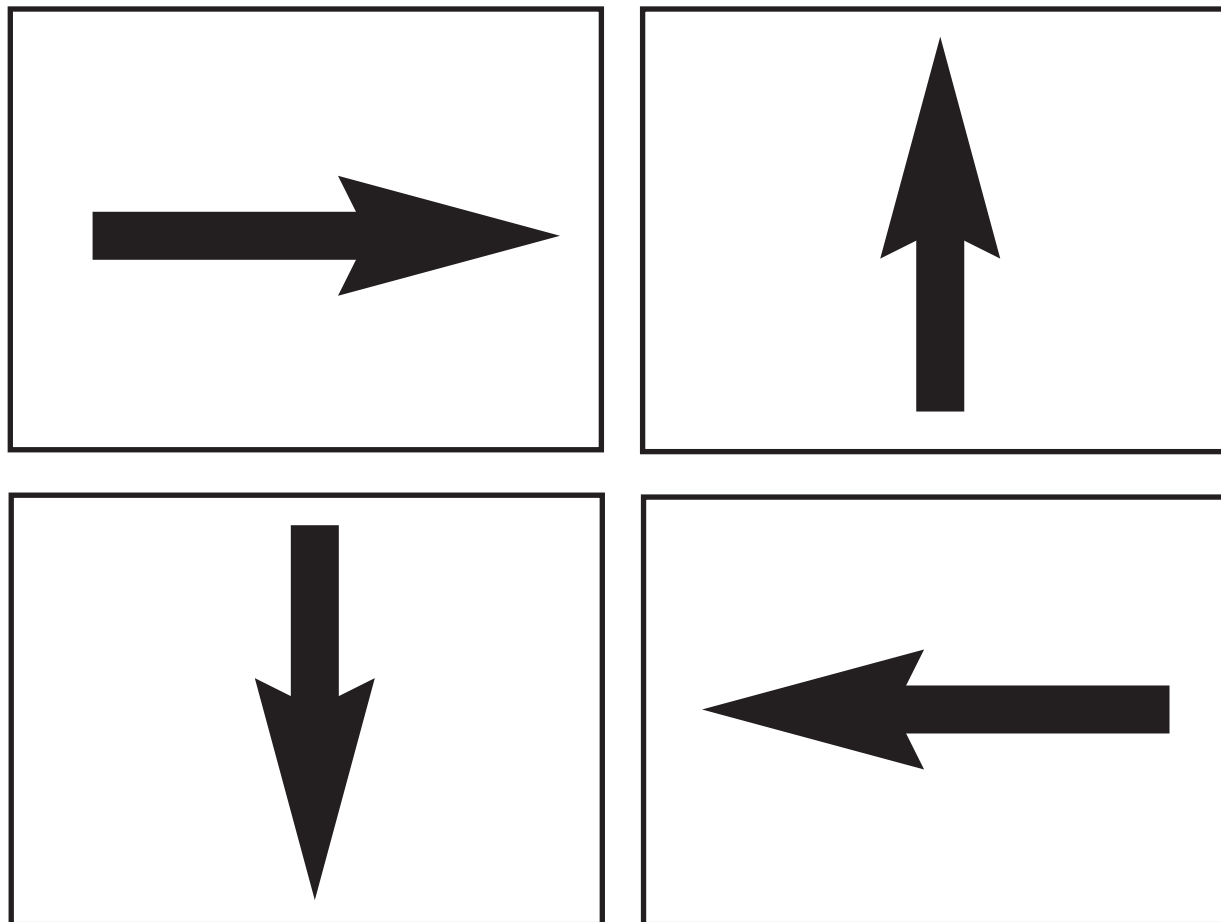
2

4

6

8

10



# Happy Room - Perceptual Motor Programme

## Week 7

### WK7 - FLOOR & ACTIVITY WARM UP

Sit on a beanbag. Put it on head if the colour. Balance it on head, nose & knee, between feet, on tum. Sitting, low throws /1hand throws. Slide it at bucket/ throw in bucket-teacher throw it out again!

### WK7 - FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song-  
Counting-  
Rhyme/ action song-

#### Introduce to -

Finding, moving & sharing a space. Basic skills – side roll, hopscotch, hop & jump in different directions, throw & catch small ball.

#### Closing Circle Time

Rhyme/ cooling down song-  
Big stretch, big bow, big clap!

### WK 7 - ACTIVITY CARDS SESSION

#### Skill Development -

- 37. Locomotion, Body awareness, Hand/eye co-ordination
- 38. Hand/eye co-ordination
- 39. Motor skills, Balance, Locomotion
- 40. Visual-tracking
- 41. Hand/ eye co-ordination, Social skills
- 42. Body awareness, Balance, Physical Fitness

#### Language Development -

Hopscotch, in & out, roll, hit, colours

#### Language Followup -

Worksheet 7

#### Assessment/Screening opportunity - Activity 38 Hand/eye co-ordination- rolling ball at a target

Pupils causing concern:

Pupils needing extension:

## Week 7

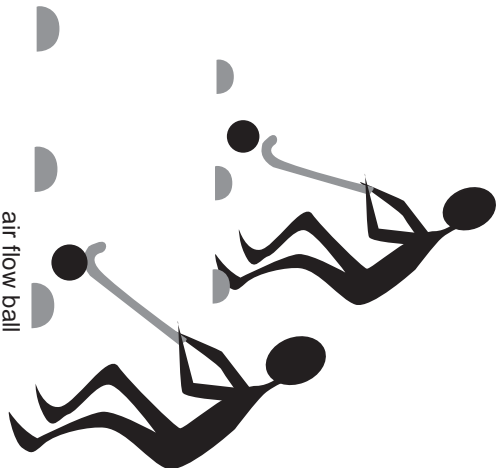
## Card 37

**Learning Outcome:** Locomotion

Body awareness

Hand-eye co-ordination

**Equipment:**  
x6 markers, mini hockey sticks,  
x2 air flow/ foam football



### Activities

1. Hold stick comfortably in two hands, keep head of stick on floor, push ball in/out markers
2. Race partner

## Week 7

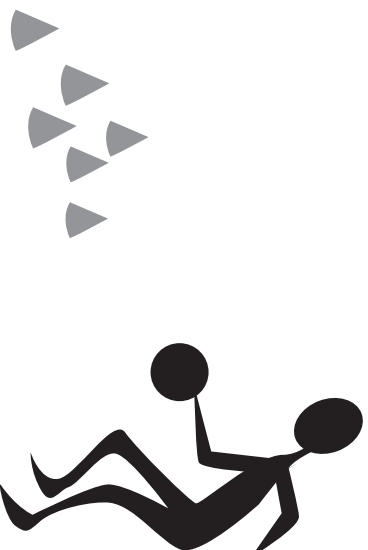
## Card 38

**Learning Outcome:** Hand-eye co-ordination

6-10 skittles, mini netball/ football

**Equipment:**

\*Assessment/Screening opportunity



### Activities

1. Aim & push the ball with right/ left hand
  2. Roll the ball with two hands
  3. Best of three, how many left standing?
- Count and put back up those knocked over

## Week 7

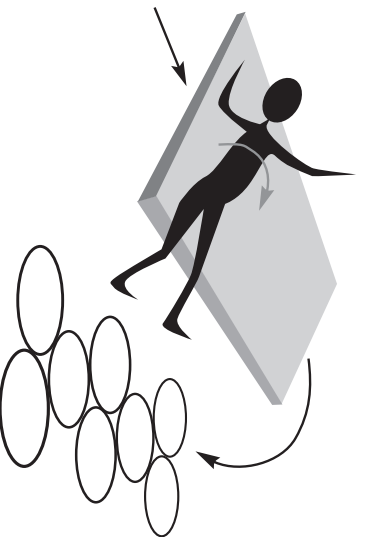
## Card 39

**Learning Outcome:** Motor skills

Balance

Locomotion

**Equipment:**  
Mat & hoops



### Activities

1. Side roll across mat, hopscotch in hoops.
2. Side roll with foam football between knees/ feet/ hands above head/ hands on turn

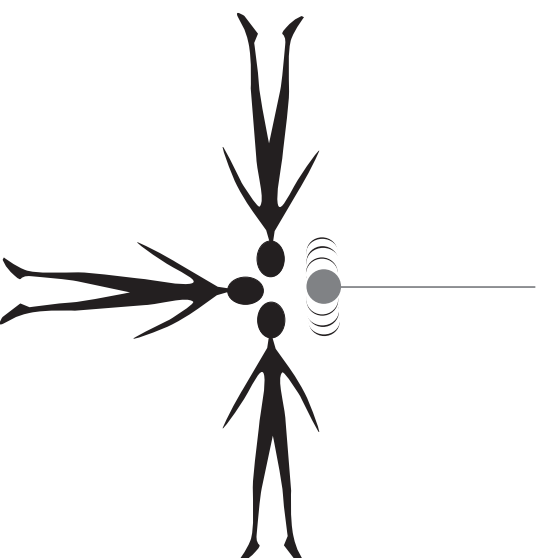
## Week 7

## Card 40

**Learning Outcome:** Visual skills

Social skills

**Equipment:**  
Tracking equipment



### Activity

Lay 3 heads under the hip high ball/ teddy. 4th pupil slow swing the ball/ teddy forward & back, side to side, circle. Take turns to swing 30 seconds at a time (approx.)

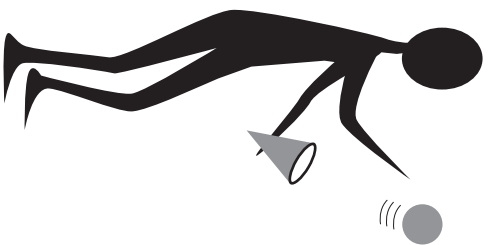
## Week 7

## Card 41

**Learning Outcome:** Hand –eye co-ordination

Social skills

**Equipment:** Paper/ card cones, table tennis balls



### Activities

1. Throw with best hand ,catch in cone
2. Swap hands
3. Throw up, bounce then catch
4. Throw to partner to catch
5. Throw form cone to hand/ cone to cone

## Week 7

## Card 42

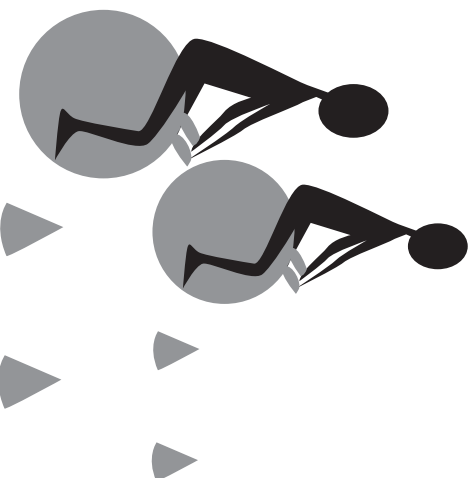
**Learning Outcome:** Balance

Body awareness

Physical fitness

**Equipment:**

x2 space hoppers, x4 markers,  
x2 hoops, beanbags

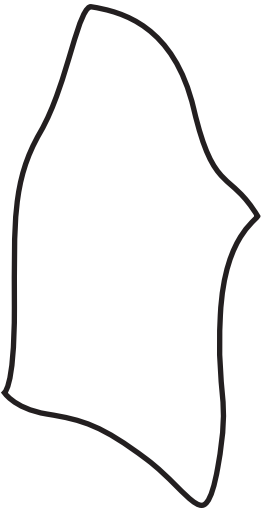


### Activities

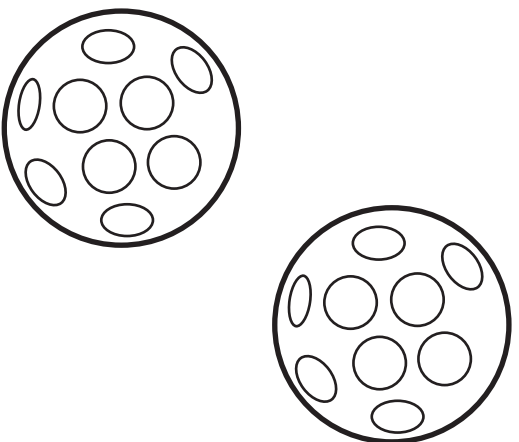
1. Balance & bounce in/out cones pick up beanbag in order
2. Race partner
3. Put them back in order

# Happy Room PMP - Language Worksheet

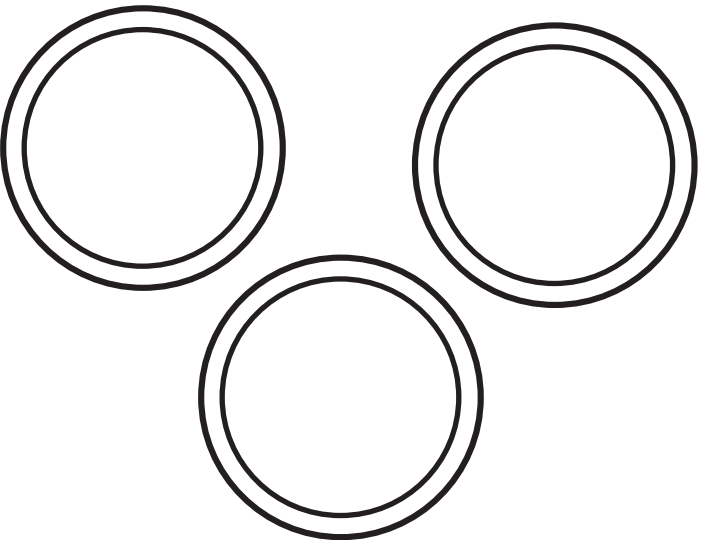
Week 7



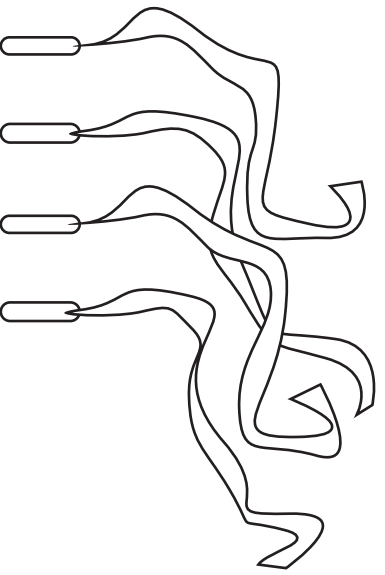
1 blue bean bag



2 yellow airflow balls



3 green hoops



4 red ribbons

name .....

class .....

# Happy Room - Perceptual Motor Programme

## Week 8

### WK8 FLOOR & ACTIVITY WARM UP

Follow the teacher -Crawl like a baby, jump like a frog, slide like a snake, kick like a donkey, alternate with FREEZE

### WK8 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song -  
Counting -  
Rhyme/ action song -

#### Introduce to -

Basic skills –run on spot & count to 20, bounce & pat a ball with right/ left hand. Side roll with ball between feet/ knees, etc.

#### Closing Circle Time -

Rhyme/ cooling down song -  
Big stretch, big bow, big clap!

### WK8 ACTIVITY CARDS SESSION

#### Skill Development -

43. Motor skills, Balance, Laterality  
44. Memory recall, Language (numbers)  
45. Motor skills, Body Awareness  
46. Visual-tracking  
47. Hand-eye Coordination  
48. Locomotion, Physical Fitness

**Language development -** Numbers, against, jump, jog, flat, long, climb, backwards, balance, partner,

**Language Followup -** Worksheet 8

**Assessment/Screening opportunity -** Activity 43. Motor skills, Balance, Laterality- climb & balance

Pupils causing concern:

Pupils needing extension:

**Week 8**

**Card 43**

**Learning Outcome:** Motor skills

Balance

Laterality

**Equipment:** ladder, low tables  
**\*Assessment/Screening opportunity**



**Activities**

1. Climb table, holding with 2 hands, kneel on table, turn & climb down backwards
2. Balance on different body parts on tables
3. Start at opposite end
4. What else?

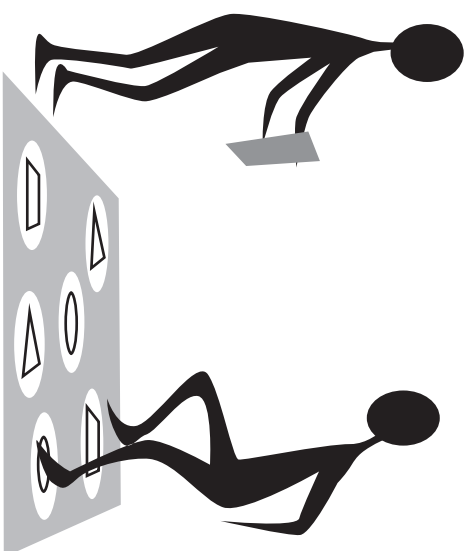
**Week 8**

**Card 44**

**Learning Outcome:** Memory recall

Language (colours)

**Equipment:** Mats, Shape flash cards



**Activity**

One pupil hold the flash card. Others take turns to look at flash card, 'say what you see' (left to right), Step, jump, hop, sit, balance in hoop in the right direction/order

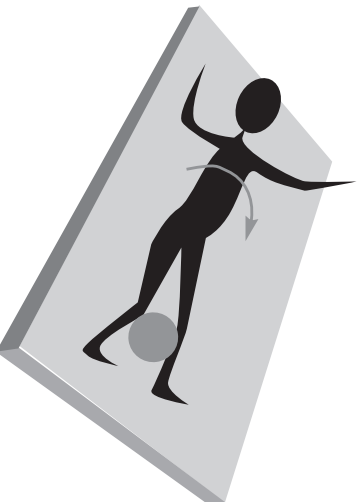
**Week 8**

**Card 45**

**Learning Outcome:** Motor skills

Body awareness

**Equipment:** Mat & foam football



**Activities**

1. Side roll across mat
2. Side roll with ball between knees, feet
3. Side roll holding ball in hands above head/ on tum

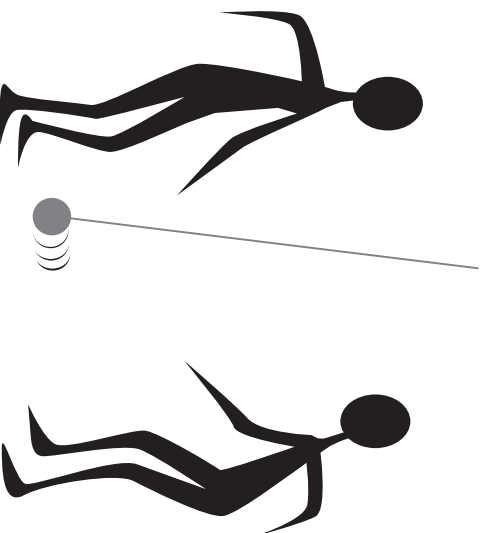
**Week 8**

**Card 46**

**Learning Outcome:** Visual skills

Social skills

**Equipment:** Tracking equipment



**Activities**

1. Gently swing & PAT the ball with a partner/ small group. Take turns
2. Use other hand

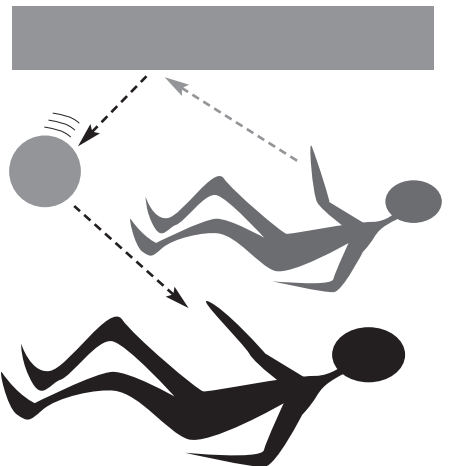
## Week 8

## Card 47

**Learning Outcome:** Hand –eye co-ordination

Social skills

**Equipment:** 2-4 variety of balls.



### Activities

1. Throw & catch a variety of balls with a partner, use best hand
2. With other hand
3. With two hands
4. Against wall

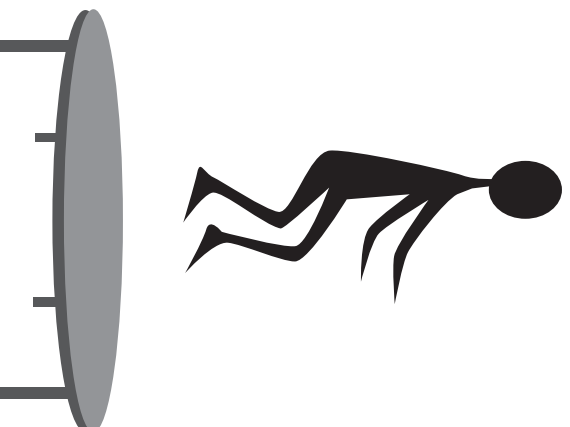
## Week 8

## Card 48

**Learning Outcome:** Locomotion

Physical fitness

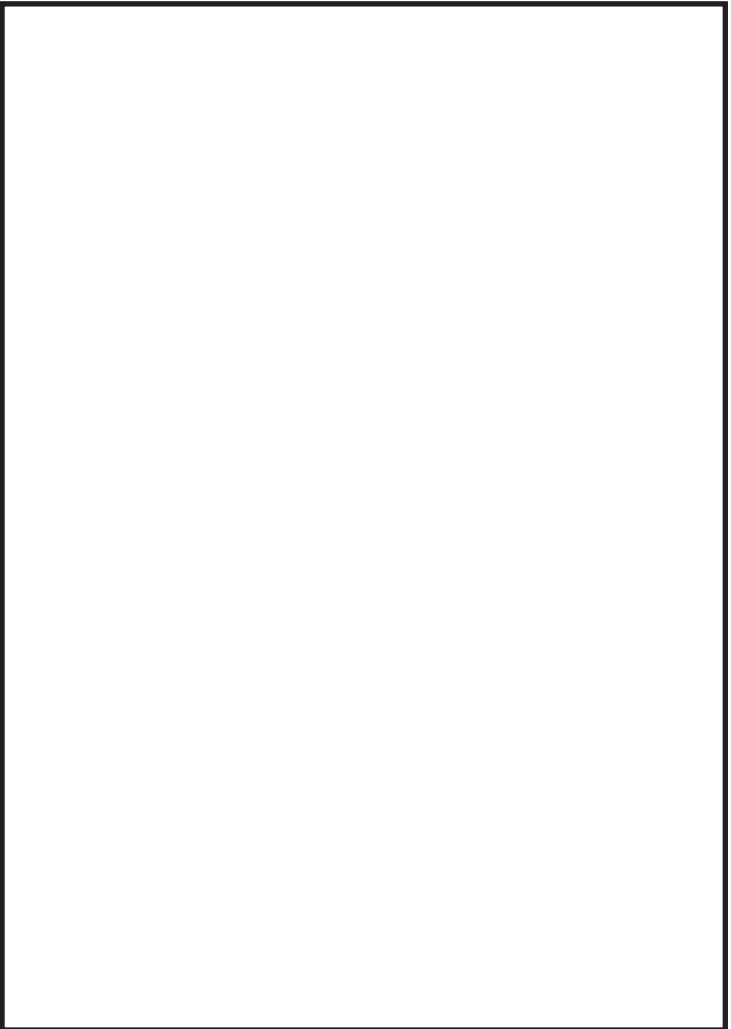
**Equipment:** Rebounder



### Activities

1. Jog on spot x20. STOP & STEP OFF
2. Jump x20
3. Jump & clap
4. Jump, making shapes

I can roll sideways



# Happy Room - Perceptual Motor Programme

## Week 9

### WK9 FLOOR & ACTIVITY WARM UP

Follow teacher on the lines, jump over the lines, freeze, make a shape on a line. Next time make a shape on 1 hand & 2 feet/ 1 foot & 2 hands/ 1knee & 1 hand, etc.

### WK9 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song -  
Counting -  
Rhyme/ action song -

#### Introduce to-

Basic skills – running, throw & catch with a partner, jumping over lines, monkey walk in different directions.

#### Closing Circle Time -

Rhyme/ cooling down song -  
Big stretch, big bow, big clap!

### WK9 ACTIVITY CARDS SESSION

#### Skill Development -

49.Motor skills, Balance, Laterality  
50. Locomotion, Body Awareness  
51.Balance Body Awareness, Language  
52.Visual, Social, Balance - tracking  
53.Hand-eye co-ordination, Social  
54.Locomotion, Physical Fitness

#### Language Development -

Body parts, wobble, across, space, throw, frisbie, markers, over, partner

#### Language Followup -

Worksheet 9

#### Assessment/Screening opportunity - Activity 54 Locomotion, Physical Fitness run, jump, side step

Pupils causing concern:

Pupils needing extension:

### Week 9

### Card 49

**Learning Outcome:** Motor skills

Balance  
Laterality

**Equipment:** ladder, x2 low tables



#### Activities

1. Climb table, holding with 2 hands monkey walk ladder, kneel on table, turn & climb down backwards
2. Balance on different body parts on tables
3. Cross ladder backwards
4. What else?

### Week 9

### Card 50

**Learning Outcome:** Locomotion

Body awareness  
Chalk lines

**Equipment:**



#### Activity

Jump from space to space

### Week 9

### Card 51

**Learning Outcome:** Balance

Body awareness  
Language

**Equipment:** Mat & barrel (physio ball)



#### Activities

1. Sit astride barrel, touch different body parts
2. Sit cross legged, touch different body parts
3. Repeat with eyes shut
4. Repeat with helper gently shaking barrel

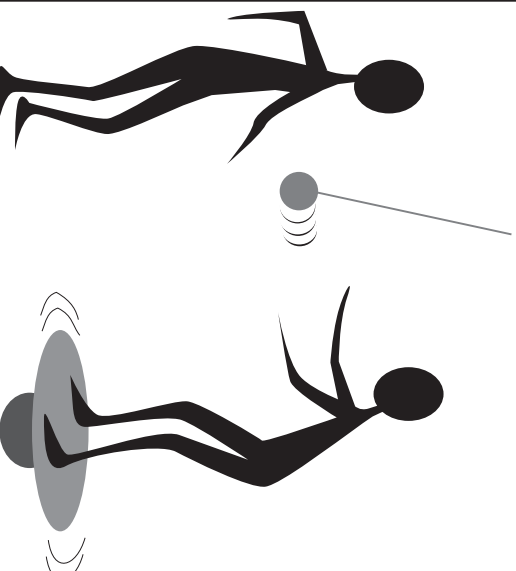
### Week 8

### Card 52

**Learning Outcome:** Visual skills

Social skills  
Balance

**Equipment:** Tracking equipment, wobble board



#### Activities

1. Gently swing & PAT the ball with a partner/ small group. Take turns to stand on wobble board
2. Use other hand

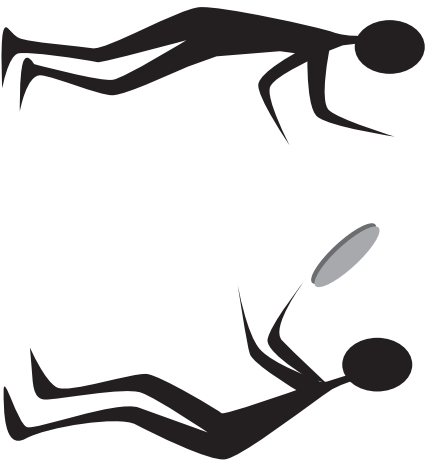
## Week 9

## Card 53

**Learning Outcome:** Hand –eye co-ordination

Social skills

**Equipment:** 2-4 frisbees/ quoits



### Activities

1. Throw & catch a frisbee/ quoit with a partner with best hand
2. With other hand
3. With two hands

## Week 9

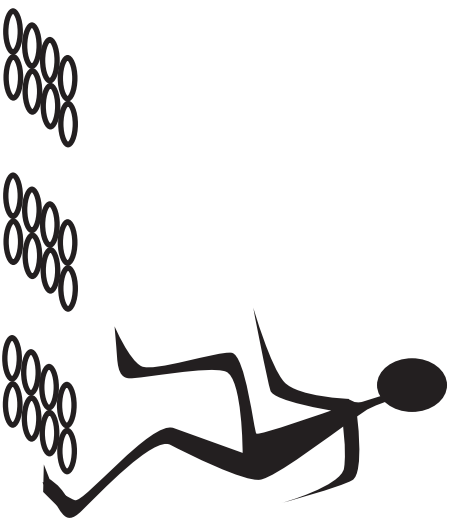
## Card 54

**Learning Outcome:** Locomotion

Physical fitness

**Equipment:** Markers

**\*Assessment/Screening opportunity**



### Activities

1. Run over markers
2. Jump over markers
3. Side step over markers
4. Race a partner

# Happy Room PMP - Language Worksheet

Week 9

I can ..... the frisbee/hoop

throw

catch

name .....

class .....

# Happy Room - Perceptual Motor Programme

## Week 10

### WK10 FLOOR & ACTIVITY WARM UP

Follow teacher in & out of markers. Jump over markers. Sit by a red/ blue/ green/ yellow marker on command- 5 star jumps if wrong!

### WK10 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song -  
Counting -  
Rhyme/ action song -

#### Introduce to -

Basic skills - jogging on the spot & counting, dribbling a ball, throw & catch small ball, underarm throw to partner/ wall/ target.

#### Closing Circle Time -

Rhyme/ cooling down song  
Big stretch, big bow, big clap!

### WK10 ACTIVITY CARDS SESSION

#### Skill Development-

55.Hand-eye co-ordination, Balance, Laterality  
56. Memory recall, Language- numbers  
57. locomotion, Physical Fitness  
58.Visual-tracking, Social, Balance  
59.Hand/eye, Laterality Social  
60.Hand/eye, Balance, Social

#### Language Development -

Jump, dribble, in & out, counting, net, target, jump/dance/ sit/ balance on.

#### Language Followup -

Worksheet 10

#### Assessment/Screening opportunity - Activity 58. Visual, Social, Balance

Pupils causing concern:

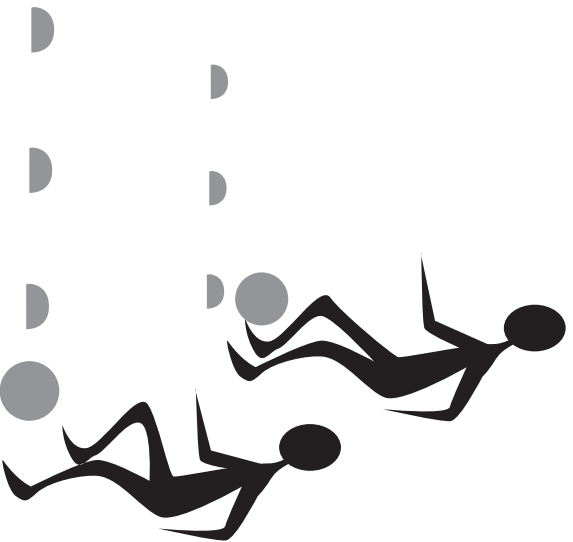
Pupils needing extension:

## Week 10

## Card 55

**Learning Outcome:** Hand/eye co-ordination

**Equipment:**  
Balance  
Laterality  
2x soft touch volleyballs/ foam footballs, markers



### Activity

Dribble in/out x2 markers, score a goal- kicking gently!

## Week 10

## Card 57

**Learning Outcome:** Locomotion

**Equipment:**  
Physical fitness  
Crashmat



### Activities

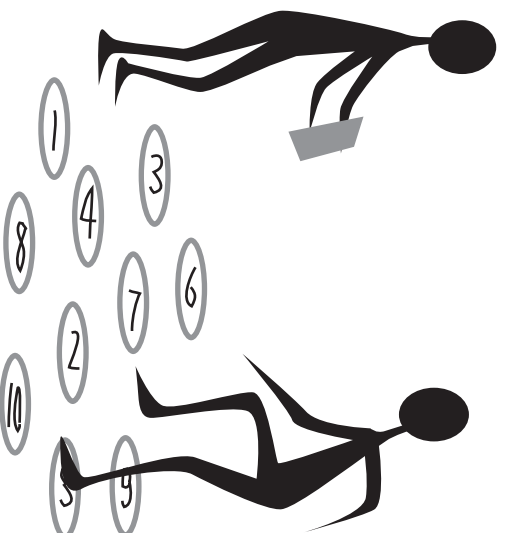
1. Jogging on the crash x20
2. All jogging x20
3. Jumping x20

## Week 10

## Card 56

**Learning Outcome:** Memory recall

**Equipment:**  
Language (numbers)  
Hoops, number flash cards



### Activity

One pupil holds the flash card. Others take turns to look at flash card, say 'what you see' (left to right) Step, jump, hop, sit, balance in hoop in the right direction/order

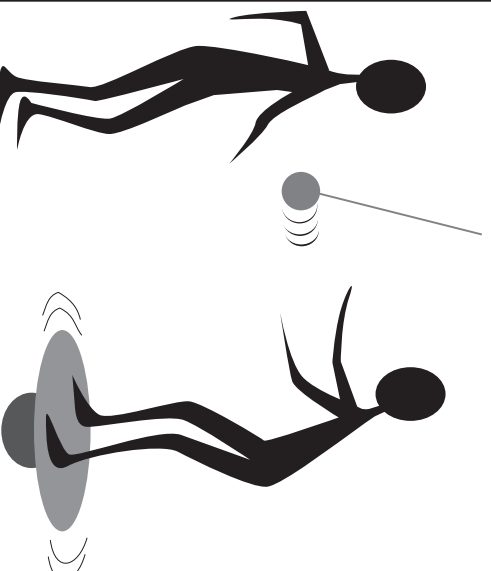
## Week 10

## Card 58

**Learning Outcome:** Visual skills

**Equipment:**  
Social skills  
Balance

**\* Assessment/Screening opportunity**



### Activities

1. Gently swing & PAT the ball with a partner/ small group. Take turns to stand on wobble board
2. Use other hand

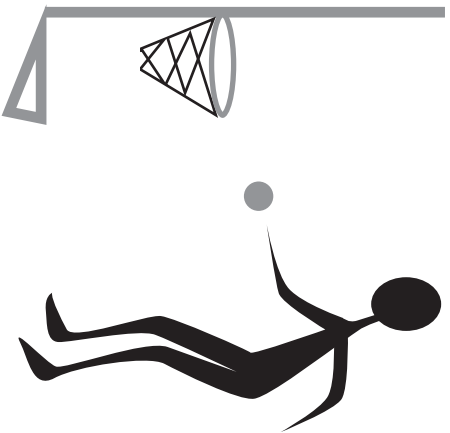
## Week 10

## Card 59

**Learning Outcome:** Hand –eye co-ordination

Social skills

**Equipment:** Netball post (upside down), beanbag/ small balls



### Activities

1. Underarm throw x3 beanbags/ balls into net
2. Overarm throw
3. With other hand

## Week 10

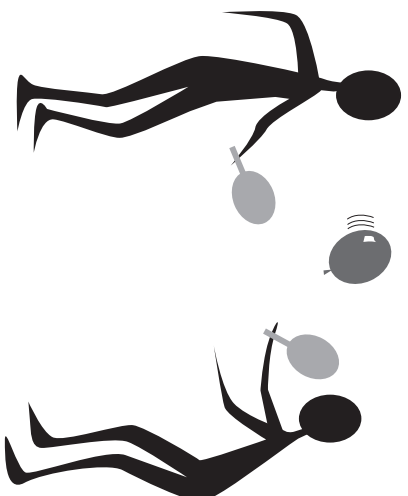
## Card 60

**Learning Outcome:** Hand/eye co-ordination

Balance

Social skills

**Equipment:** Padder/net bats & balloons



### Activities

1. Keepie up with a partner
2. Use other hand
3. On knees
4. What else?

7		8	6
2	1	5	3

Fill in the missing number and colour in the circles

# Happy Room - Perceptual Motor Programme

## Week 11

### WK11 FLOOR & ACTIVITY WARM UP

Jog around gym changing direction, stop & sit with a partner. Make a tall/ small/ wide/ thin shape the same as your partner.  
Jog & follow leader (partner), freeze & make a shape, leader decides. Change over the leader.

### WK11 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics -  
Rhyme/ action song -  
Counting -  
Rhyme/ action song -

#### Introduce to -

Basic travelling skills –run, hop, jump, skip, gallop, crawl, bunny hop, side step, stop, start, balance, change direction, speed & level. Relay race, pass on the beanbag.

#### Closing Circle Time

Rhyme/ cooling down song -  
Big stretch, big bow, big clap!

### WK11 ACTIVITY CARDS SESSION

#### Skill Development-

61.Hand –eye co-ordination, Social, Laterality  
62. Memory recall, Language, Motor skills  
63. Balance, Physical fitness  
64.Visual, Social, Balance - tracking  
65. Hand-eye co-ordination, Social, Locomotion  
66.Foot/hand-eye co-ordination

#### Language development -

springboard, rock, bounce, stamp, swing, catch, race, body shapes- tall, wide, thin, long, small.

#### Language Followup -

Worksheet 11

#### Assessment/Screening opportunity - Activity 66.Foot/hand-eye co-ordination – stamp & catch

Pupils causing concern:

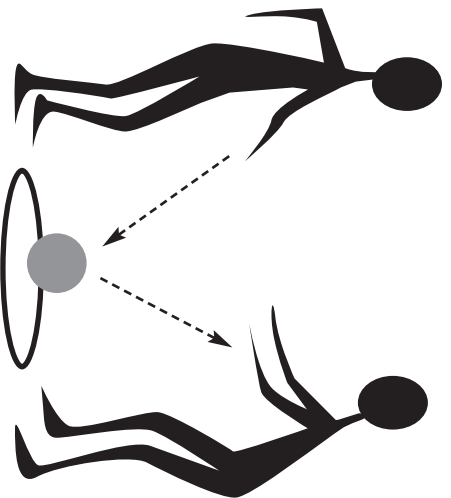
Pupils needing extension:

**Week 11****Card 61**

**Learning Outcome:** Hand/eye co-ordination

Social skills  
Laterality

**Equipment:** 2x soft touch volleyballs, 2x hoops

**Activities**

1. Bounce in hoop, partner catch.
2. Count the catches
3. Bounce with 1 hand
4. Catch with right hand, then left hand

**Week 11****Card 63**

**Learning Outcome:** Balance

Physical fitness

**Equipment:** Coracle, scattered beanbags

**Activities**

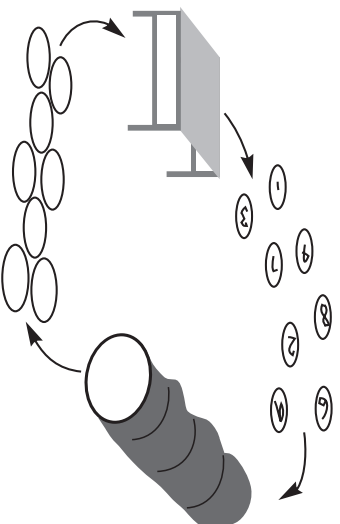
1. Rock & shuffle to collect 3 beanbags
2. Collect 3 different coloured beanbags

**Week 11****Card 62**

**Learning Outcome:** Memory recall

Language  
Motor skills

**Equipment:** Tunnel, medium table, markers, hoops

**Activities**

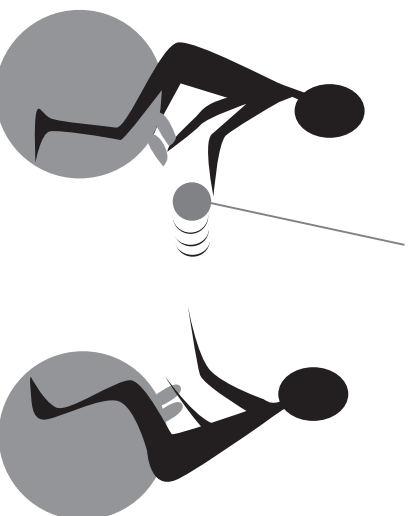
1. Crawl through tunnel, hopscotch hoops, climb table & turn to come down backwards, step on markers.
2. Balance on different body parts on table
3. Change direction

**Week 11****Card 64**

**Learning Outcome:** Visual skills

Social skills  
Balance

**Equipment:** Tracking equipment, 2x spacehoppers

**Activities**

1. Gently swing & PAT the ball with a partner/ small group, while sitting on spacehopper
2. Use other hand

## Week 11

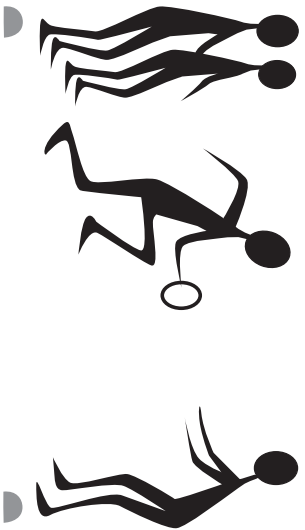
## Card 65

**Learning Outcome:** Hand –eye co-ordination

Social skills

Locomotion

**Equipment:** 2x markers, 1x quoit



### Activities

1. Shuttle run from marker to marker, give quoit to next runner
2. Side step
3. Skip
4. What else?

## Week 11

## Card 66

**Learning Outcome:** Hand/eye & foot/eye co-ordination

**Equipment:**

Springboards, balloons & a variety of balls

**\* Assessment/Screening opportunity**



### Activities

1. Place balloon on board, stamp, move to catch
2. Stamp with other foot
3. Change to a different ball

I am



first



second



third

last!

# Happy Room - Perceptual Motor Programme

## Week 12

### WK 12 FLOOR & ACTIVITY WARM UP

Warm up – Five leader leading the trains full of monkeys/ bouncing balls/ butterflies etc...

Change the leader. Numbers- 1=jog on spot 2= spin on bottom 3= make a shape 4= balance on one foot etc.

### WK12 FLOOR SESSION

#### Circle time -

Copy cats/ Simple aerobics

Rhyme/ action song-

Counting-

Rhyme/ action song-

#### Introduce to-

Basic travelling skills – run, hop, jump, skip, gallop, crawl, bunny hop, side step, stop, start, balance, change direction, speed & level. Shape, 'make a shape' - wide, small, tall, long.

#### Closing Circle Time

Rhyme/ cooling down song-

Big stretch, big bow, big clap!

### WK12 ACTIVITY CARDS SESSION

#### Skill Development-

67. Locomotion, Physical Fitness

68. Balance, Motor skills, Physical fitness

69. Laterality, Physical Fitness

70. Visual, Social, Balance - tracking

71. Balance, Locomotion

72. Locomotion, Balance, Physical Fitness

**Language Development -** Counting, bounce, catch, swing, throw, off, race, spin.

**Language Followup -** Worksheet 12

**Assessment/Screening opportunity-** Activity 72. Locomotion, Balance, Physical Fitness

Pupils causing concern:

Pupils needing extension:

## Week 12

## Card 67

**Learning Outcome:** Locomotion

Physical Fitness

**Equipment:** 12x canes, 2x markers



### Activities

1. Crawl under high cane, jump over low cane
2. Crawl under low cane, step/ jump over high cane
3. What else?

## Week 12

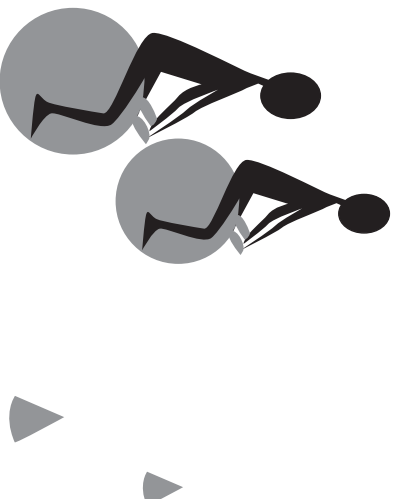
## Card 68

**Learning Outcome:** Balance

Motor skills

Physical Fitness

**Equipment:** Space hoppers, markers



### Activities

1. Follow partner around the markers
2. Race partner around markers
3. Race a new partner

## Week 12

## Card 69

**Learning Outcome:** Laterality

Physical fitness

**Equipment:** Cones



### Activities

1. Turn on skateboard, pull forward, touch marker, push back
2. On back
3. On bottom

## Week 12

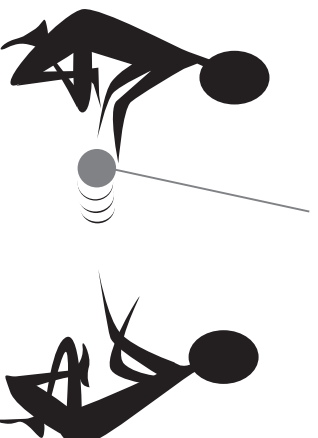
## Card 70

**Learning Outcome:** Visual skills

Social skills

Balance

**Equipment:** Tracking equipment



### Activities

1. Gently swing & catch the ball with a partner/ small group, while sitting cross legged.
2. Use right hand, left hand

## Week 12

## Card 71

**Learning Outcome:** Balance

Locomotion

**Equipment:** 8x skittles, 8x canes



### Activities

1. Run over canes , around markers & back
2. Jump over canes
3. Crawl over canes
4. Race partner

## Week 12

## Card 72

**Learning Outcome:** Locomotion

Balance

Physical fitness

Rebounder

**Equipment:**  
\*Assessment/Screening opportunity



### Activities

1. Jump in the middle of rebounder x30
2. Jog
3. Sprint

# Happy Room PMP - Language Worksheet

Week 12

wide shape

small shape

long shape

tall shape

name .....

class .....