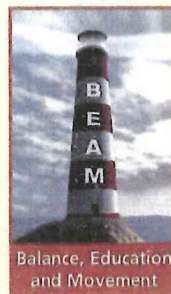
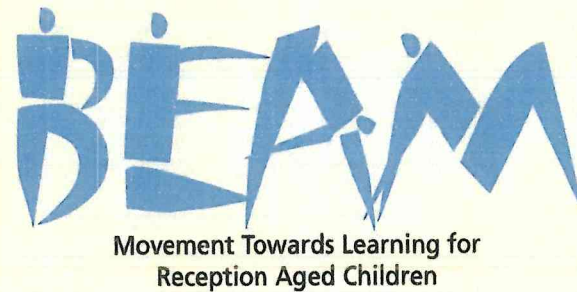


This leaflet is designed to help you remember the animated activities described on the BEAM CD-ROM. It can be used in conjunction with the BEAM DVD/video when running your BEAM group.

By following the full instructions and advice on identifying movement difficulties explained in the BEAM CD-ROM, your children will get the most out of BEAM. To ensure correct usage, always implement the BEAM Protocol.



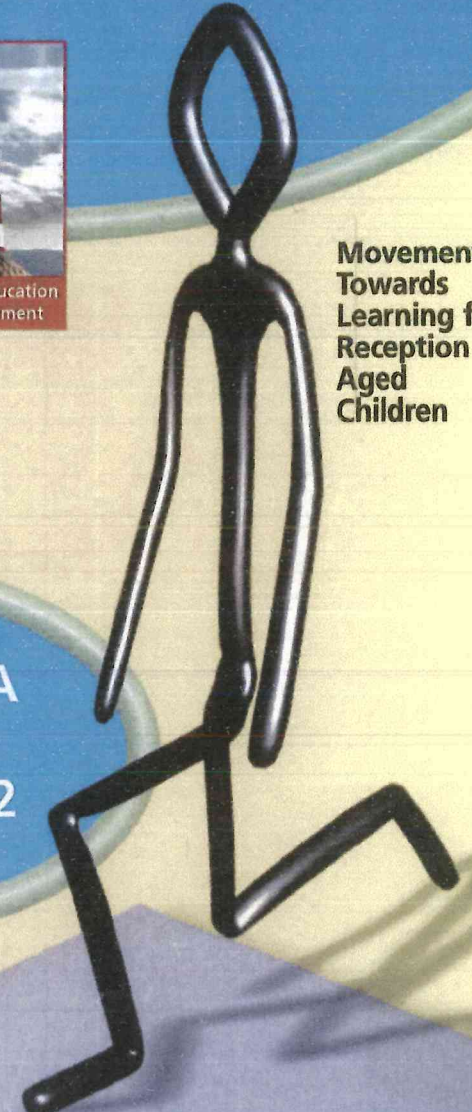
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# BEAM



Movement Towards Learning for Reception Aged Children

Block A  
Weeks  
1 and 2





Shoes and socks off - put together

WARM UP  
(see Warm up  
leaflet)

1. Curling up

2. Stretching out

3. Hand and knees

4. Table

5. Bridge

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**BEAM**

6. Roly poly

7. Kneeling up

8. Sitting with  
knees to one side

9. Kneeling - one  
foot forward

10. One leg  
balance

11. Jumping

12. Ball skills  
(see Ball Skills  
leaflet)

Shoes and socks on

