

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.

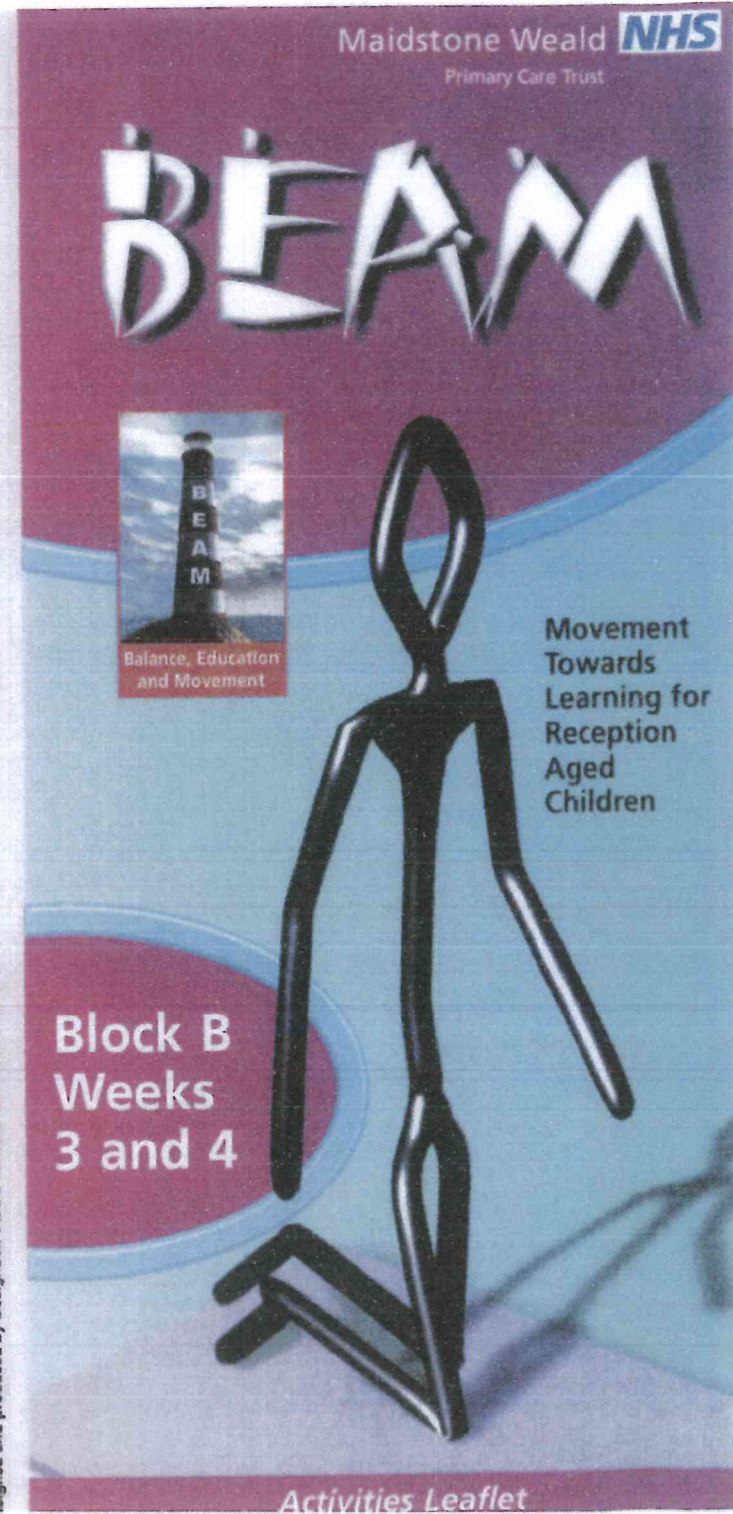
# BEAM

Movement Towards Learning for Reception Aged Children



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# BEAM



Movement Towards Learning for Reception Aged Children



Block B  
Weeks  
3 and 4

Activities Leaflet





1. Curling up



2. Stretching out



3. Happy cat / angry cat

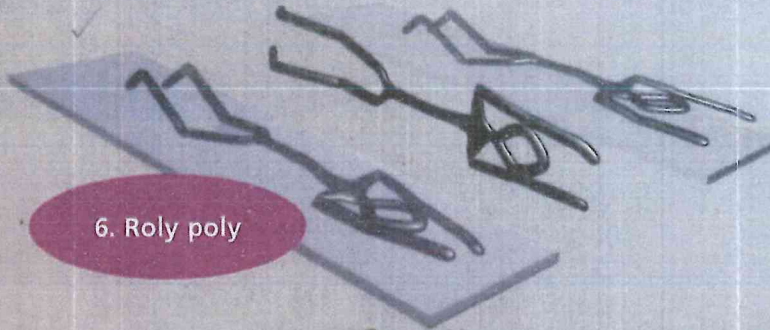


4. Crab

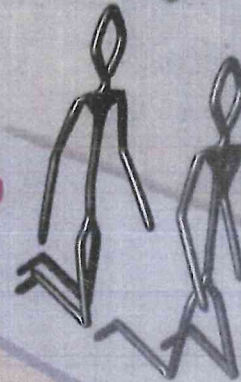
WARM UP  
(see Warm up  
leaflet)



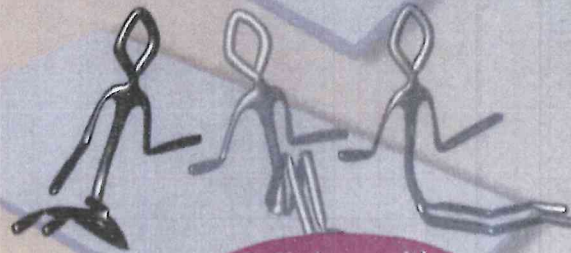
5. Bridges



6. Roly poly



7. Kneeling up



8. Sitting - with  
knees to one side



9. Kneeling - one  
foot forward



10. Hopping



11. Jumping

12. Ball skills  
(see Ball Skills  
leaflet)