**Mini Yo!**

**Warm Ups**

Mini Yo! moves can be used individually to warm up and stretch before any high impact physical session/activity.

**Active Stories**

Demonstrate a selection of moves for children to do.

Once children feel comfortable to perform the moves individually, create an active story with a selection of moves.

Use a combination of standing moves and moves on the ground to raise children’s’ heartbeat.

**Alphabet**

Using the ‘Alphabet’ card, demonstrate moves that start with the letters of the alphabet.

Help child to spell their names using their bodies.

Can you write your name?

Now can you spell you name with the mini yo! moves? i.e. T for Tree, A for Aeroplane and M for Mountain spells TAM.

If there is no move for a letter in your look at the alphabet card to see what you should do? What word starts with that letter? i.e. Add an ‘M’ and ‘I’ to TAM and it spells TAMMI. Inhale for I?

**Benefits**

Supports gross motor development, balance, independence, imagination and fine motor skills (spelling and writing).

**S.T.E.P. into Year 1:**

 S – Theme the spaces in the classroom/hall

 T – Create short stories using the cards, and create new moves to represent the animals.

 E – Introduce equipment to be used with specific cards.

 P – Increase the number of children planning in a team.

 **STEP – Adapt the Space, Task, Equipment, People to make the activity harder, or easier.**



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