**Sit Down Stand Up**

Children find a space

Attempt to sit down on the floor with crossed ankles without putting hands and knees down

Attempt to stand up with crossed ankles without putting hands and knees down

Once children can confidently do this repeat without crossing ankles:

Attempt to sit down on the floor with feet flat on the floor without putting hands and knees down

Attempt to stand up with feet flat on the floor without putting hands and knees down – lean back and roll forward to create momentum to stand up

**Benefits**

This develops gross motor skills, balance, core strength and body strength.

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

S – Can we do this while on a spot? The spot can start bigger, then go smaller. The children can be moving around, then on a command, can sit, get up, as part of a warm up.

T – This could be done as part of a set of ‘up, and down, movements’, such as onto stomach, back, without using hands.

E – Can we do this on equipment? Low level equipment, such as gym benches?

P – Can you do this to create a chain of ups and down? Can we create a dance that incorporates all of our ups and downs?

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



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