**Slow Mo**

Slowing down motions require more muscle control and a longer muscle contraction.

**Try the following slowly**

1. Walking up/down stairs
2. Riding a bicycle lying on your back
3. Running a race
4. Shooting a basketball
5. Ballet dancing
6. Karate kicks
7. Boxing
8. Skipping rope
9. Dancing

**Benefits**

Strengthening of the muscles without requiring the use of equipment.

Can support skills, balance and brain development (crossing the midline).

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

S - Use the room as a journey, from one side to the other. Go into the woods/another environment and create a slow motion scene.

T - Create a slow motion race/journey/scene linked to topic

E - Give the children equipment to use while in slow motion scenes

P - Create a slow motion scene as a group

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



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