

| Name of exercise | Making a movement sentence |
|---|---|
| Description of exercise | <p>Begin working with a partner</p> <p>Identify and plan a series of movements that is like the structure of a sentence - that means there will be a start, then something in the middle, then an end to the pattern.</p> <p>Work out the different moves that you will make for the 'middle' part of the movement sentence, and how you might link one movement to the next.</p> <p>Work out the order of how you and your partner will cooperate with each other to complete the movement sentence – you could both make the same movements at the same time, or you could have one of you follow the other, or you could have a combination of both methods.</p> |
| Key themes that this exercise can support | Balance, coordination and postural control |
| Emphasised at | First and Second Levels |
| Appropriate for | First – Third Level |

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