

Name of exercise	Airplanes and helicopters
Description of exercise	<p>Begin by running about the gym with the arms stretched out to the side - like an aeroplane flying</p> <p>Look for spaces in the hall then and 'fly' into a space</p> <p>In the space become a helicopter (by spinning around), then become an aeroplane again and move to a new space</p> <p>Introduce flying or spinning at different heights (stretch up – crouch down)</p>
Key themes that this exercise can support	Balance and coordination and postural control
Emphasised at	Early and First levels
Appropriate for	Early – First levels

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