

Name of exercise	Touch and lift
Description of exercise	<p>Begin with one person lying on the floor on their back, with a partner kneeling at their side.</p> <p>The person lying on the floor should have their feet together and their hands by their side.</p> <p>The kneeling partner touches a body part (an arm or a leg, or the forehead)</p> <p>On feeling the touch the person lying on the floor raises the body part, then lowers it again.</p> <p>The raising and lowering should be completed with control</p> <p>Extensions to the basic exercise can include the kneeling partner touching two (or three) body parts in a sequence</p>
Key themes that this exercise can support	Focus of attention, cue recognition and coordination
Emphasised at	Early Years
Appropriate for	Early - First levels

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