

Notes for children and adults with reduced mobility



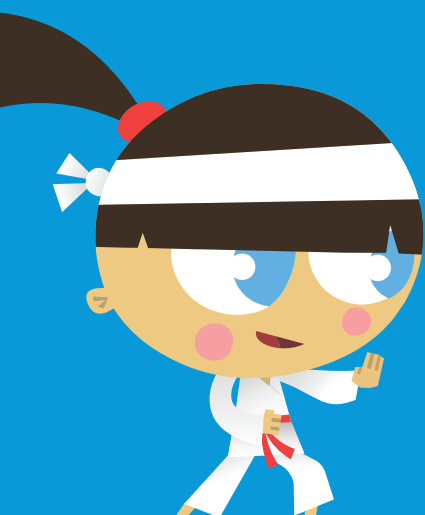
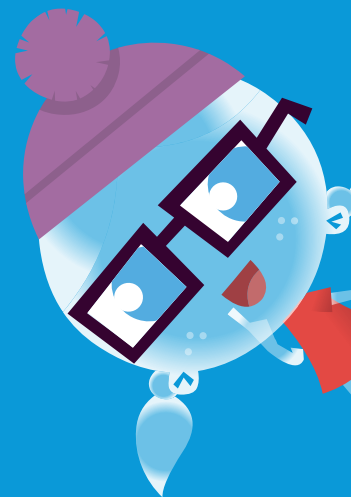
Actiphons is an energetic phonics series that encourages children to develop key movement skills from a young age. Building children's physical literacy in their early years helps to develop a positive attitude to physical movement early on, which can have lifelong benefits.

Each Actiphons character has its own action and letter sound, but the specific action is not what matters most.

Consistently linking the same movement and letter sound helps to embed phonics learning and encourage physical literacy. You can adapt any of the actions to better suit you or your child, as long as you keep each action consistently linked to the same character and letter sound.

To help your child stay connected to the characters, it is a good idea to keep the actions as similar as you can to those in the books. For example, your child could carry out the movement in a different position or while holding on to something for support. Actions can be graded up or down (made smaller or bigger) according to your child's strength and the range of movement in their arms and legs.

It is important to make each action achievable so your child can make a positive connection between the physical movement and the sound. This also promotes confidence and motivation while supporting physical development.





Adapting Actiphons actions for all children

Use the characters' actions, as well as the suggestions below, as a starting point for inspiration rather than a hard and fast guide.

Tips for supporting specific experiences and needs

Reduced standing balance

Use a chair or a wall for additional support, hold on to an adult, or carry out the action from a sitting position.

Co-ordination challenges

Break the activity down. Learn one step of the movement at a time.

Wheelchair users

Leg movements can be replaced with arm movements and some actions can be done from a lying down position. Move forwards in your wheelchair instead of running for the relevant actions. As much gross motor movement should be encouraged as possible, even if the movement achieved is small.

Children who use mobility aids

Stand to carry out the movement, holding your walker for support. If you need to use your hands to perform the action, sit on a chair.

Unsteady sitting balance

Lean against something or use a floor sitter (if available) for support.

If an action has two steps, it might be that your child finds it easier to carry out one of them. In this case, focus on the step they find easier.

Please consult with a physiotherapist or occupational therapist before attempting any of the more challenging movements.





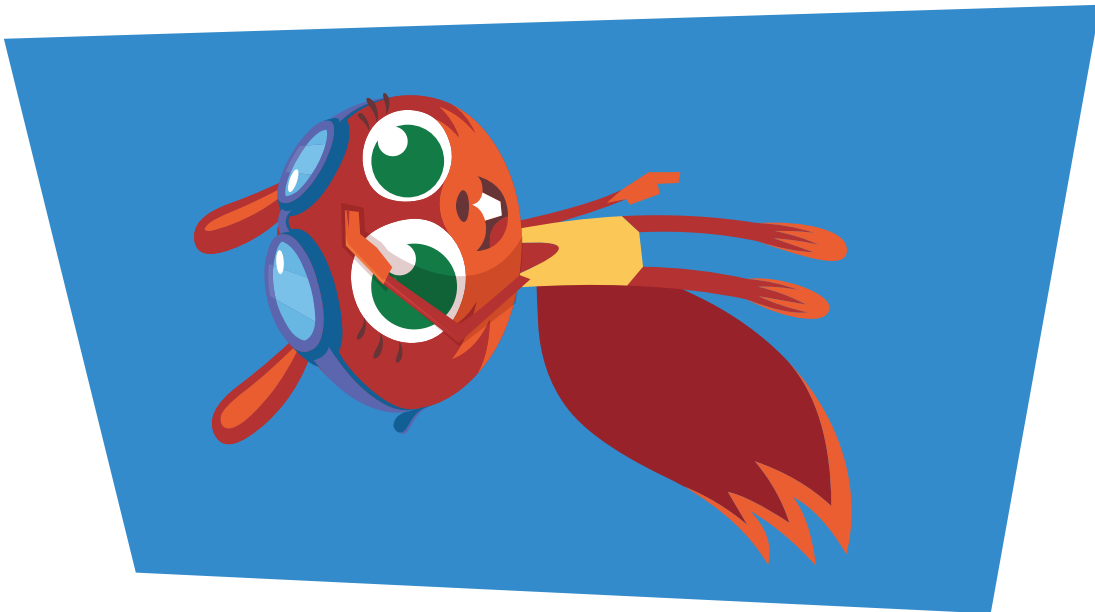
Actions that use the arms

Arm circles, stretches and movements

Arm movements can be made from a sitting or standing position. Use one or both arms and move or stretch them in a way that works for you. You could stretch your arms out to the sides rather than lift them above your head, or hold your arms lower down than illustrated.

Swimming Sally

Any movement you make when in the water may help you connect Sally's movement and her sound, even if it's very different from the illustration. Try lying on your tummy or back and moving your arms alternately over your head, or moving your arms up and down the side of your body.



Physical Phil

Rest your arms on your legs then lift them as high as you can.

Bouncing a ball

Bouncing actions can be done while sitting or standing, and with a slight or sweeping movement of the arm. If standing, you can hold on to something for support. Alternate your arms if you can.



Racquet swings

Perform these actions using one or two hands, while sitting or standing. If you are standing, you may want to hold the back of a chair for balance. You do not need to hold a real racquet. Find a movement size that works for your body, which can be small or large. For some actions, you could move your arm from the elbow rather than the shoulder.

Gordon Golfer

From a seated position, hold your hands together. Touch one hip with your hands and then swing your arms to touch your opposite shoulder.

Throwing

Throwing actions can be done in a sitting or standing position or while holding on to something for balance. Some of the actions involve quite large arm movements, but these could be replaced with smaller arm movements.

Passing Bess

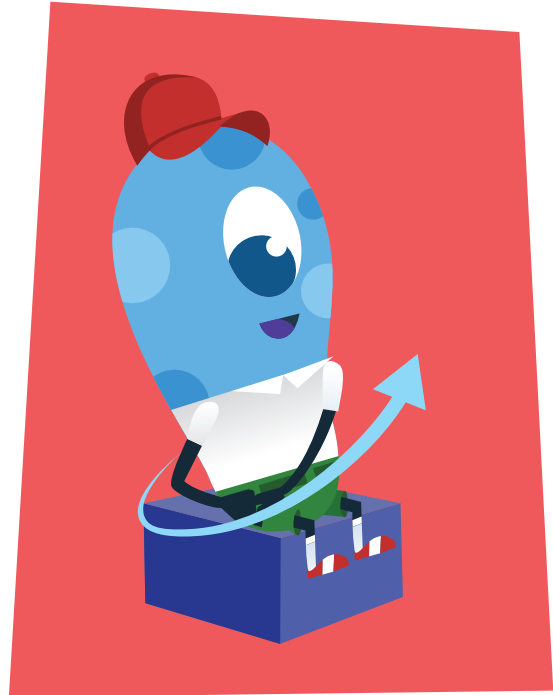
Let your arms hang loosely by your side and swing them back and forth.

Shot-put Sheena

Kneel on the floor or sit in a chair. Pull your right hand back to your shoulder by bending your elbow, and then stretch your arm forwards as far as you can. Either use your left arm for balance or hold it straight out in front of you.

Launching Maud

Sit, kneel or lie down on your back to make Maud's throwing movement.





Actions that use the legs

Many of these actions can be carried out from a seated position. Depending on your level of mobility, you could move your arms instead of your legs.

Running, skipping and dancing

Running, skipping and dancing movements can be done in a wheelchair or walker, or by using your arms to make the actions the character's legs would make.

Netball Nelly

Pretend to throw a netball using two hands. Push your arms forward and up from chest height or pretend to push the ball off your knees and on to the floor.

Racetrack Nick

Move your arms in a running motion with elbows bent. If you can, move your legs up and down as well.

Leaping Livia

Using a walker, take one large step. If using a wheelchair, push forwards once and glide (if safe to do so) or stretch out one leg as far as you can.

Whizzing Fizz

Sitting down, or while standing if using a walker or holding onto a chair for balance, twist your upper body from side to side.

Chasing Chad

Point your wheelchair or walker in one direction and then another as quickly (and safely) as you can.

Playing Fay

Extend your arms out to the side and rock side to side.

Hoedown Joe

Dance in your wheelchair or walker.





Jumping and hopping

Jumping and hopping actions can be carried out while seated or standing, or by moving your feet or arms like the characters. If standing, use a walker or a chair to help you balance.

Parachute Pravin

From a seated position, raise your arms in the air or stretch them out to the front or to the sides. If you can, kick your feet forwards.

Olly Obstacle

Using your wheelchair or walker, pretend to move around some obstacles.

Energetic Erin

From a seated or standing position (using a walker or a chair for balance), lift one foot and then the other.

Blast-off Raff

From a seated position, lean forwards and reach your arms down as far as you can. Now lift yourself back up and stretch your arms up or out to the sides.

Jumping Javid

Hold on to your walker and press your body weight down, then lift up your legs, or press down on your hands to lift your bottom off the seat of your chair or wheelchair. Or, swing your arms or feet forwards.

Avoiding Moira

Turn your body from side to side, from a seated or supported standing position.

Shirley Circuit

From a seated position, extend your arms and legs up (and out). Alternatively, curl forwards before sitting up and stretching out your arms.

Hope Rope

Move your arm in small circles as if holding one end of a skipping rope.





Kicking and pedalling

Kicking actions can be done from a seated or standing position. If standing, use a walker or chair to help you balance.

Karate Kim

While standing with a walker or sitting, kick one leg out. Alternatively, swing one arm out in a karate chop.



Freestyle Flora

From a seated position, lift one knee up, and then the other. Alternatively, move your hands up and down as if keeping a ball or balloon in the air.

Football Woody

Kick your leg from a seated position or lift your hands in the air as if celebrating a goal.

Cycling Ching

Slide one leg forwards and then bend it at the knee. Return your leg to its resting position and then repeat with the other leg. Alternatively, make a pedalling action with your arms.





Actions that use the whole body

You may need to modify some of these actions, but do whatever comfortably works to keep the movement consistent.

Moving arms and legs

Harry Hockey

From a seated position, place one fist on top of the other. Touch one shoulder with your joined fists and then move them diagonally across your body to touch the opposite knee. Now change sides.

Lorna Sport

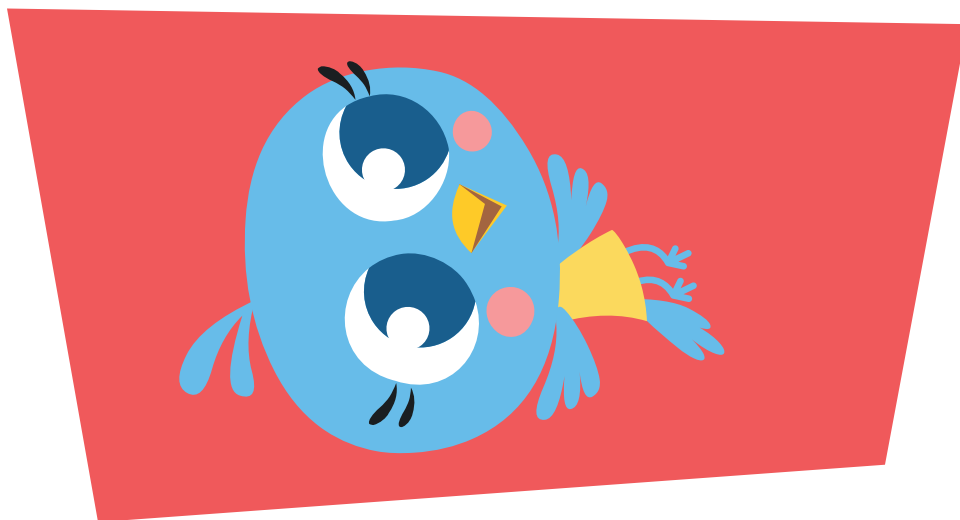
Sit on the floor. Lean your back against a wall using a supportive floor sitter, or have an adult supporting you. Now reach forwards so that your fingers aim for your toes. Stretch as far as you can.

Curling Curly

Lie on your back. Lift one leg up and touch your knee. Put your leg back down and repeat with the other leg.

Clair Air

From a seated position, or on your back or tummy, flap your arms as if you are flying.



June Tune

Sit or lie down. Wriggle your fingers in the air and try to tap your feet at the same time.



Balancing and spinning

Balancing and spinning actions can be done while sitting or standing. You may choose to do just the arm or just the leg movements. Hold the back of a chair to help you balance or lie on the floor and mime the character's leg movements.

Incredible Isabelle

Sit, hold a chair or your walker and slide one leg out and back in again. Change legs and repeat.

Milo Mover

Using a walker or a wheelchair, turn yourself around on the spot.

Yoga Yasmin

In a seated position, lift one foot up and rest it on the opposite knee. Alternatively, raise one arm up in the air and hold it for a count of three. Drop it down and repeat with the other arm.



Beachboy Troy

Lie on your tummy as if lying on a surfboard. You could stretch out your arms and tilt from side to side, or press your hands on the floor to lift your head off the ground.

Full body movement

Quincy Quick

Move any part of your body as quickly as you can.



Lear Disappear

From a seated, standing or lying position, make yourself as small as you can.

Upside-down Ulla

Sitting on the floor or in a chair, lean forwards to look at the ground.

Athlete Eve

Sitting in a chair, reach forwards as far as you can. Try to touch or extend past your knees or your toes.



Crawling

Move along the floor in a way that works for you, either by wriggling on your tummy or commando crawling.

Zigzag Zara

Move your wheelchair or walker in a zigzag line.

Rolling

Adventure Annie

Lie on your back on the floor with one knee bent so that your foot is flat on the floor. Now make a small rolling movement from side to side with your head or your body.

Rolling Will

Sit on the floor with your legs out to the sides. You can lean against a wall for support. Stretch your arms out to the side and tilt from side to side, reaching to touch the floor.



Vie Lie

Lie on your front and make a small rolling movement from side to side with your head or your body. Roll all the way over if you can.