

# DTE - DC - PHYSICAL EDUCATION

## FURTHER READING

### NON-LOCOMOTOR SKILLS

#### 1. Mirror Movements (Twisting, Bending, Stretching, Turning)

- Pair up learners and have one be the “leader” and the other the “mirror.” The leader performs slow non-locomotor movements (twisting, bending, stretching, and turning), and the partner mimics the exact motions.

#### 2. Freeze and Pose (Balancing, Stretching, Reaching, Swaying)

- Play music and let learners move in place with non-locomotor motions (such as swaying, stretching, and reaching). When the music stops, they must freeze in a balancing pose for 5 seconds.
- Call out specific balance poses (e.g., “stand on one foot,” “balance with one hand touching the floor”).

#### 3. Push and Pull Challenge (Pushing, Pulling, Twisting, Turning)

- Set up stations with objects like resistance bands, light objects to push, or small doors to pull. Learners practice pushing and pulling against resistance or twisting objects like bottle caps.
- Time the students to see how many controlled movements they can do in 30 seconds.

#### 4. Shadow Shapes (Stretching, Bending, Twisting, Swaying)

- The teacher calls out different shapes or movements (e.g., “Make yourself as tall as possible!” or “Bend like a tree in the wind!”). Learners must stretch, bend, or sway their bodies to match the description.
- Have students work in pairs to create combined shapes.

#### 5. Yoga Flow (Balancing, Holding, Twisting, Stretching)

- Guide learners through a short sequence of yoga-inspired non-locomotor movements, such as tree pose (balancing), forward fold (stretching), and spinal twists.
- Let learners take turns leading the group with their favorite non-locomotor movement.