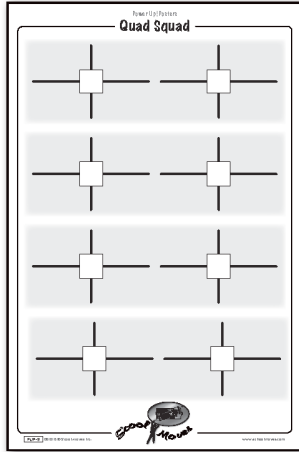


Quad Squad



Foundation Objectives

Improve balance, motor planning, spatial awareness, body image, laterality, and directionality

Poster Instructions

Students need a grid on the floor. For two students, two lines are preferred so each student can jump into their designated spots.

Student stands on the grid with feet on center square. Students jump from quadrant to quadrant as they read their words out loud or as assistant calls out words.

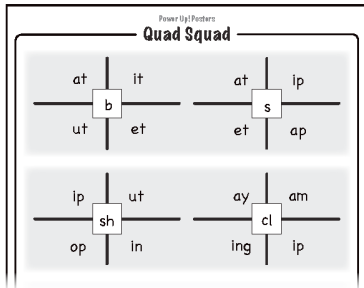
While jumping, students' hands are on their hips for better organization and control.

Student may also stand with feet on center square while bouncing a ball into each quadrant and saying the word in the quadrant. The body remains facing front, so the student has to twist the body to bounce ball into quadrants. One ball can be used with the dominant hand, and then ask the student to switch hands.

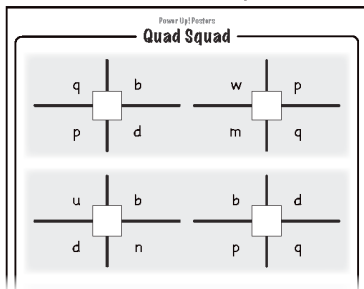
For added challenge, two balls can be used with student holding one ball in each hand and alternating bouncing with each hand.

Poster Use Suggestions

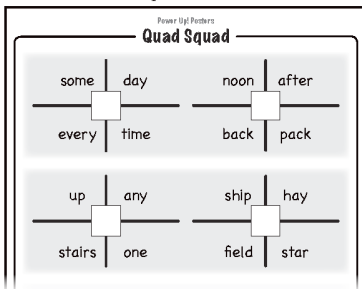
Phonics Jumps



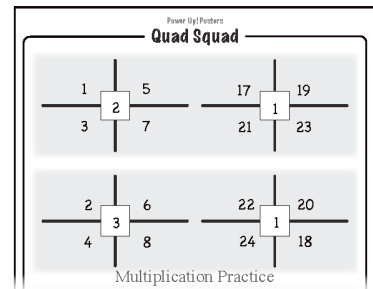
Letter Laterality



Compound Words



Numbers



Quad Squad

Supports children with these challenges:

- lacks body awareness
- avoids mid-line
- avoids movement activities
- m/w reversals
- spins or rocks excessively
- reads with movement
- fidgeting constantly
- child is too quiet
- child appears checked-out
- weak fine motor skills
- shuts down easily
- speech difficulties
- low muscle tone
- unable to sit up at desk
- poor visual tracking
- slow writing speed
- difficulties with reading
- appears uncoordinated
- poor balance

Academic Link

- improves body awareness so children can line up and transition without getting into each other's space
- activates vestibular system leading to integration of visual, auditory, and tactile systems essential for fluid reading
- strengthens near-to-far and far-to-near vision skills essential for copying from board to paper
- improves spatial skills leading to better understanding of math concepts
- improves midline skills that are essential for writing across the page and reading text across the page
- creates more energy for executive function through improving postural stability

Visit our website for specific alignment of standards to our materials. www.schoolmoves.com ~ Downloads Tab.

Quad Squad

