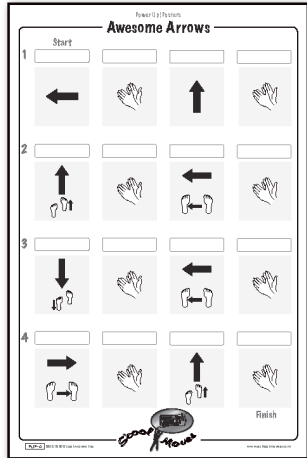


Awesome Arrows



Foundation Objectives

Improve rhythm, timing, laterality, directionality, and crossing the midlines

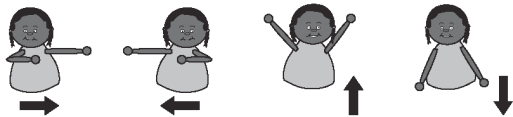


Awesome Arrows

Supports children with these challenges:

- slow fluency rate
- rubs eyes while reading
- poor focus during reading
- avoids reading
- uses finger while reading
- lays head down on desk while working
- poor writing skills
- poor catching skills
- avoids ball activities
- ADHD behavior
- tires easily with seat work
- loses place while reading
- disorganized
- stressed with timed tests
- poor fine motor skills

Poster Instructions



Arms come across the body and both hands point right, left, up, or down, following the direction of the arrows.

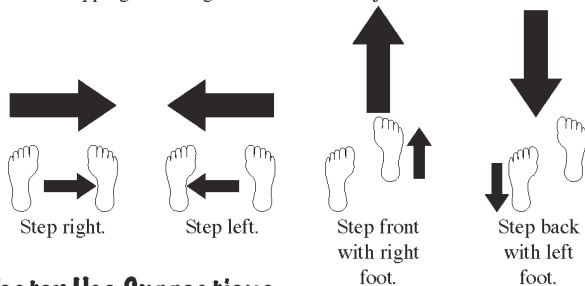
On the down arrow, students tend to bend their knees, which is fine.

For added challenge, children can touch the ground on the down arrow and reach up on tip toes for the up arrows.



In between each arm movement, students clap by bringing both hands back to the center of their bodies. The clap is very important for maintaining rhythm.

In rows two through four, students move their feet along with their arms in the direction of the arrow. Feet come back together after each arrow while clapping. If adding feet is too difficult, just do the arm movements.



Academic Link

- encourages tracking from left to right
- encourages crossing the midline of the body
- improves spelling when used with spelling words
- improves rhythm, sequencing, and timing, which are skills linked to improvement in ADHD

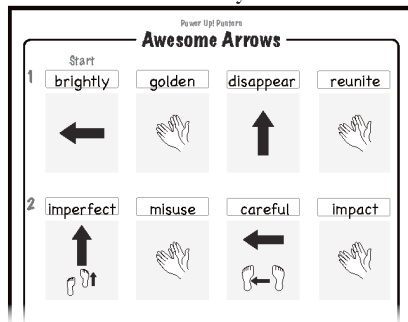
Visit our website for specific alignment of standards to our materials. www.schoolmoves.com ~ Downloads Tab.

For added difficulty, students can jump once in place with both feet while clapping.

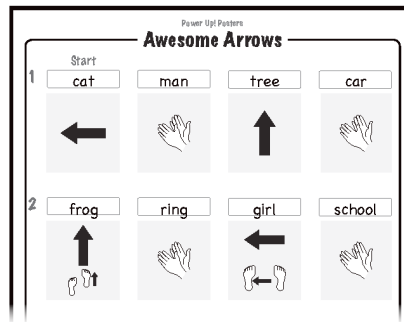
After children are able to perform the movements smoothly and rhythmically, they should begin to say the words aloud with each clap or arrow movement, depending on where the words are written on the posters.

Poster Use Suggestions

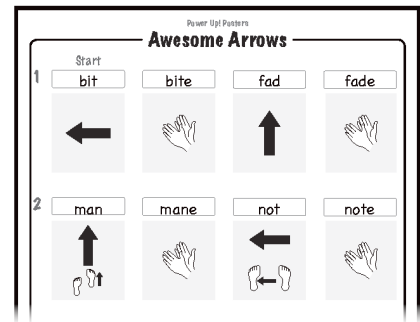
Word Analysis



Grammar ~ Nouns



Short Vowel / Silent Final E Words

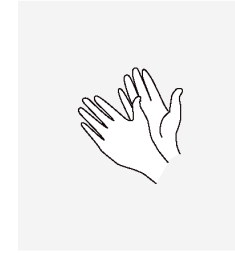
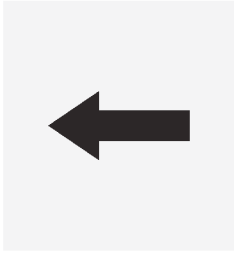


Tip: If using to teach syllables, have students clap one or twice depending on the number of syllables.

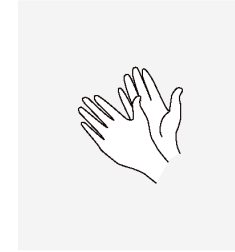
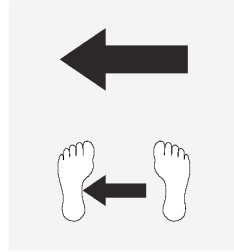
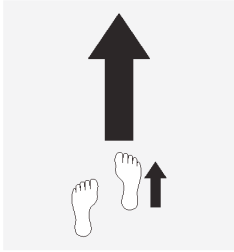
Awesome Arrows

Start

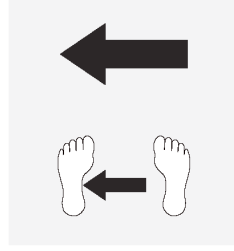
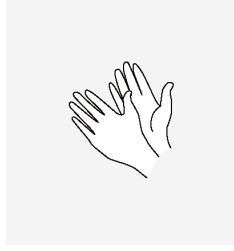
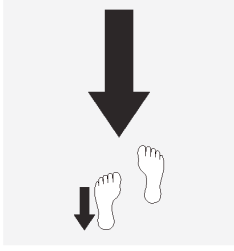
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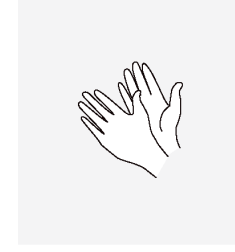
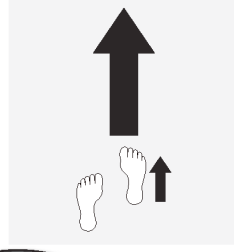
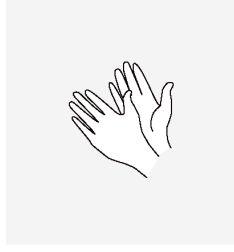
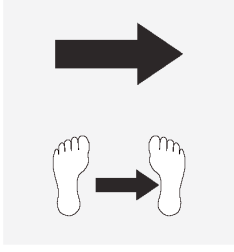
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3



4



Finish

