



## Guide 6: Movement sequence

**“Tell me, I’ll forget. Show me, I’ll remember. Let me do it, I’ll understand.”**

In education we have all heard variations of this Chinese proverb and its wisdom resonates with what we know to be true. Doing has obvious benefit when the task we are learning is a practical one, but there is also much to be gained from doing at other times. By adding movements to sentences we can reinforce their meaning and help our students to remember them, and the sequence they come in.

### Benefits to students

Movement also has a whole host of other benefits to students, it stimulates endorphins, gives them a chance to mobilise their joints, can be calming, especially to those with proprioception difficulties, and in the same way that singing in a group bonds people so does performing simultaneous movements. Most of all: it’s fun!

### An alternative to sensory study

The movement sequence is offered as an alternative to the sensory study, for students whom you feel would benefit from being active during their learning. You can of course use both, but we recommend against attempting them simultaneously, as waving your arms around whilst holding cups of water could make a mess!

### Adaptable movement sequence

You can do the movement sequence as part of science or PSHE lesson, or use it in PE or drama; it can form the basis of a dance or performance. We have provided whole body movements and movements that can be performed seated. Your students will have a range of abilities when it comes to mobility; feel free to design movements to suit your needs. It is important that once you’ve chosen your movements you stick to them so that they become associated with the meaning of the words. Whilst doing your potato work in class you could reference the movements (if you’ve the space to safely do so) in order to further reinforce the link with the meaning of the words, for example by performing the movement for grow when talking about your potato plants growing.

### Practice makes perfect

It is always easier to do a movement than to describe it, so we recommend having a go at the movements yourself first so that you can perform them easily to show your students. Enjoy!

