

GROW YOUR OWN POTATOES



Resource 2: Movement sequence

Adding physical movements to our study of potatoes will make it easier for students to remember the sequence. Moving whilst learning can benefit students who suffer from attention, or proprioception, difficulties. Movements can support students with communication difficulties in being understood. All students will gain extra understanding of the sentences from the movements.

It is far easier to do these movements than to describe them. Do not attempt to read these descriptions to your students. Have a couple of goes at the movements yourself and then teach them to your students by demonstration.

Sentence	Whole Body Movement	Adapted Movement
Hiding beneath the soil are perfect, plump, potatoes.	Curl in a ball on the floor.	Hide fist, either beneath other hand or clothing or just by holding it close to the body.
How do potatoes grow and get their energy?	Stretch up slowly until you are standing tall and then demonstrate your energy by shaking vigorously.	Stretch arm high and open hand to represent the leaves of the potato plant.
Potatoes need light to grow.	Swing hands down so that they cross in front of the legs and then raise them up in big circles.	Use other hand to represent the light on your potato plant, hold it in a fist and then quickly open all the fingers, point the palm, fingers splayed, at your 'potato' as if it is the sun.
So do !!	Clap both hands onto your heart.	
Potatoes need air to grow.	Sweep arms and body from side to side slightly above your head and blow.	Blow towards your 'potato'.
So do !!	Clap both hands onto your heart.	
Potatoes need water to grow.	Transition from sweeping to undulating, move your hands from side to side as if they are riding on a wave (similar to hula dancers). Step gently from side to side with the waves.	Lock fingers together, palms facing down, and undulate.
So do !!	Clap both hands onto your heart.	
Potatoes need food to grow.	Open arms wide, stand with legs spread wide, open mouth wide, now bend arms inwards so that hands come to mouth, whilst curling body and closing legs as if sweeping a great invisible mass in front of you into your mouth.	Touch hands to mouth as if eating.
So do !!	Clap both hands onto your heart.	

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