

#ThisIsPE

Mobility — Commando Crawling

INCLUSIVE PE ///

Content outline

This activity aims to develop mobility whilst on the ground

- Mobility
- Crawling



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education

Special Olympics
Great Britain



For further support on any of the activities please also visit:

<https://www.specialolympicsgb.org.uk/sports/motor-activities-training-programme>



Space

- Increase the distance the young person is required to travel
- Decrease the distance away the young person is required to travel



Task

- Adapt the speed the young person is asked to travel
- Support the young person by holding their arms, so they can pull towards you
- Support the young person by holding their foot, so they can push against you



Equipment

- Change the surface the person is crawling on, a more slippery surface will make the task easier.



People

- Gradually reduce the physical support given to complete each activity
- Ask another person to compete against the young person in a race

Learning intention

Physical:

- To be able to move across the floor by commando crawling

Personal:

- To recognise how we can travel

Verbal Instruction / Feedback:

- Give each task specific feedback; “you are travelling really fast”
- Praise individual tasks; “Great crawling”
- Use clear language when giving instructions – use single words where possible; “Faster”, “quicker”, “Pull/Push”.