

# Arrows

This activity reinforces your knowledge of naming directions especially left and right. The arrow chart for this activity can be printed from the chart menu at the top of the screen.

## **Step 1. Arrow chart**

Stand in a balanced, but relaxed posture, with feet slightly apart and equal weight on each foot. Place your hands in front of you, in line with the middle of your body, at mid-chest height, with the palms and finger tips of each hand touching. Attach the arrow chart to a wall, at eye level, about 2 metres in front of you. Look at each arrow, say which way it goes and at the same time point your hands in the direction of each arrow. It is important that this activity is done slowly and accurately. If the arrow points **up**, say 'up' while raising both arms together toward your head until you can see the chart between your arms.

1. If the arrow points **down**, say 'down' while lowering both arms together until your wrists are below your waist.
2. If the arrow points **right**, say 'right' while moving both arms together to the right as far as your hips
3. If the arrow points to the **left**, say 'left' while moving both arms together to the left as far as your hips.

Look at the first arrow. Say which direction it points and move your arms in the same direction as the arrow. Your arms should only move a little way in each direction so there is no shoulder rotation. Return your arms back to the starting position then call the next arrow, while moving your arms. Continue along each line of arrows, calling the direction of each arrow and moving your arms in the same direction.

**Your goal is to correctly name each arrow and move your arms accordingly, for the whole chart.**

## **Step 2. Arrows to a beat**

Click on '**Beat**' at the top of this screen. The beat will be set at 1.0 second. Now say the direction of each arrow along the line and move your arms in the same direction, in time with the beat. This is done slowly so that on the first beat you

say the direction of the arrow, while moving both arms in the correct direction. On the second beat move arms back to the starting position. On the next beat call the direction of the next arrow and move arms accordingly, etc...

Your goal is to correctly name each arrow and move your arms accordingly, in time to the beat.

### **Step 3. Say and move opposite**

Now you have to look at each arrow, but call opposite to the direction in which the arrow points and at the same time point your hands in the opposite direction for each arrow. It is important that this activity is done slowly and accurately.

1. If the arrow points **up**, say 'down' while lowering both arms together till wrists are at waist level
2. If the arrow points **down**, say 'up' while raising both arms together until you can see the chart between your arms.
3. If the arrow points **right**, say 'left' while moving both arms together to the left as far as your hips
4. If the arrow points to the **left**, say 'right' while moving both arms together to the right as far as your hips.

Look at the first arrow. Say the direction opposite to the direction of the arrow and move your arms in the opposite direction to the arrow. Continue along each line of arrows, calling the opposite direction for each arrow and moving your arms in the opposite direction to the arrow.

Now do this in time to the beat in the same way as you did for step 2 above. To turn on the beat click on '**Beat**' at the top of this screen.

**Your goal is to name the direction of each arrow, moving arms accordingly in time to the beat.**

### **Step 4. Say same, move opposite**

Now you have to look at each arrow, but call the direction of each arrow as you see it on the chart, while at the same time pointing your hands in the opposite direction for each arrow. It is important that this activity is done slowly and accurately.

1. If the arrow points **up**, say 'up' while lowering both arms together to till wrists are at waist level.

2. If the arrow points **down**, say 'down' while raising both arms together till you can see the chart between your arms.
3. If the arrow points **right**, say 'right' while moving both arms together to the left as far as your hips.
4. If the arrow points to the **left**, say 'left' while moving both arms together to the right as far as your hips.

Look at the first arrow. Say the direction of the arrow on the chart and move your arms in the opposite direction to the arrow. Continue along each line of arrows, calling the direction for each arrow and moving your arms in the opposite direction to the arrow.

Now do this in time to the beat in the same way as you did for step 2 and 3 above.

**Your goal is to name the direction of each arrow, moving arms accordingly in time to the beat.**

### **Step 5. Say opposite, move same**

Now you have to look at each arrow, but call opposite to the direction in which the arrow points and at the same time point your hands in the same direction for each arrow. It is important that this activity is done slowly and accurately.

1. If the arrow points **up**, say 'down' while raising both arms together till you can see the chart between your arms.
2. If the arrow points **down**, say 'up' while lowering both arms together till wrists are at waist level.
3. If the arrow points **right**, say 'left' while moving both arms together to the right as far as your hips.
4. If the arrow points to the **left**, say 'right' while moving both arms together to the left as far as your hips.
- 5.

Look at the first arrow. Say the direction opposite to the direction of the arrow and move your arms in the same direction as the arrow. Continue along each line of arrows, calling the opposite direction for each arrow and moving your arms in the same direction as the arrow.

Now do this in time to the beat in the same way as you did for step 2 above.

**Your goal is to name the direction of each arrow, moving arms accordingly in time to the beat.**

**Step 6. Same/opposite/same/opposite.**

Now read the arrow chart alternating between calling same/moving same and calling opposite/moving opposite. So if the first arrow goes **up**, say 'up' and move arms up, if the second arrow goes **left**, say 'right' and move arms to the right, if the next arrow goes **down**, call down and move arms down, etc...

**Your goal is read the arrow chart, in time to the beat, alternating between same and opposite.**