



This leaflet is designed to help you remember the animated activities described on the BEAM CD-ROM. It can be used in conjunction with the BEAM DVD/video when running your BEAM group.

By following the full instructions and advice on identifying movement difficulties explained in the BEAM CD-ROM, your children will get the most out of BEAM. To ensure correct usage, always implement the BEAM Protocol.

# BEAM

Movement Towards Learning for  
Reception Aged Children



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# BEAM



Movement  
Towards  
Learning for  
Reception  
Aged  
Children

Block C  
Weeks  
5 and 6

Activities Leaflet

**Shoes and socks off - put together**

WARM UP  
(see Warm up  
leaflet)

Maidstone Weald **NHS**  
Primary Care Trust

**BEAM**

9. Kneeling - one  
foot forward

1. Curling up

2. Stretching out

3. Crab

4. Bottom lifts

5. Bottom walking

6. Elbow to knee

7. Kneeling up

8. Sitting - with  
knees to one side

10. Skipping

11. Jumping

12. Ball skills  
(see Ball Skills  
leaflet)

**Shoes and socks on**

