

Contents

	page
Intro Part 1	1
Welcome to the ActEi Programme.....	2
The ActEi Programme	3
The ActEi Programme - Organisation.....	4
Intro Part 2 - the 3 step programme	5
The 3 steps of the ActEi Programme.....	6-7
What is the Activation step about?	8
What is the Exploration step about?.....	9
What is the Integration step about?.....	10
Intro Part 3 - ActEi's delivery plan	11
Greater success for all with a Positive Play Attitude.....	12
Timings and Levels.....	13-14
The eight developmental sections of the ActEi Activity Programme.....	15
Risk Assessment	16
Intro Part 4a - Movement and Development	17-22
Intro Part 4b -The impact of developmental gaps or delays	23-26
Intro Part 5 - Developing the whole child	27-29

Contents

	page
Intro Part 6 - Our Developmental Systems	31
What is the Vestibular system?	32
What are the Reflexes?	33
What is the Tactile system?	34
What is Body Awareness?	35
What is Calm and Relaxation?	36
What is Co-ordination and Laterality?	37
Intro Part 7 - Observation and screening	38
Signs of a possible Vestibular problem	39
Problems which can occur when reflexes are retained	40
Signs of problems with the Tactile sense.....	41
Signs of problems with Body Awareness.....	42
Signs of problems with stress and anxiety	43
Possible Signs of Co-ordination, Laterality, Dysfunctions	44
Bibliography	45-47
Welcome to the ActEi Activity Programme - Lesson Plans	48
Vestibular.....	49-52
Reflexes.....	53-56
Tactile	57-60
Body Awareness.....	61-64
Calm and Relaxation	65-68
Co-ordination.....	69-72
Welcome to the ActEi Activity Programme -The Games	73