

PERCEPTUAL,  
MOTOR &  
COGNITIVE SKILLS

# Six Bricks

## Crossing the B-Line

It is crucial that we help our children develop perceptual-motor skills. Perceptual deals with obtaining information and motor refers to the outcome of movement. Thus perceptual-motor activities require children to use their brain and body together to accomplish tasks. Physical activity builds neural pathways that are necessary for learning. Perceptual-motor experiences build a strong base to support future academic learning.



# Crossing the B-Line : Complete Index

## Basic Moves : H Mat

Templates	Exercises	
U&D 1 - 10	Up & Down	Basic moves (2 options)
B&F 1 - 10	Backward & Forward	Basic moves (2 options)
ColLet 1 - 10	Backward & Forward	Basic moves (2 options)
PosLet 1 - 10	Backward & Forward	Basic moves (2 options)
Letters 1 - 10	Backward & Forward	Basic moves (2 options)
B&I 1 - 6	Behind & In Front of ( <i>in line</i> )	Perceptual moves (3 options)
F&T 1 - 10	Back & Forward, Twist & Flip	Perceptual moves (5 options)
BIFT 1 - 6	Behind, In Front, Flip & Twist	Perceptual moves (6 options)
T 1 - 4	Mixed movements	Perceptual moves (8 options)

## With partners : Same Side

Templates	Exercises	
Basic Moves	All Horizontal Mat exercises	Use Horizontal Mat

## Basic Moves : V Mat

Templates	Exercises	
L&R 1 - 10	Left & Right	Basic moves (2 options)
L&R of 1 - 8	Left of & Right of ( <i>on top of</i> )	Perceptual moves (3 options)
F&T-LR 1 - 10	Left & Right, Twist & Flip	Perceptual moves (5 options)
LRFT 1 - 6	Left & Right of, Twist & Flip	Perceptual moves (6 options)
LR Twist 1 - 4	Flipped and Twisted moving	Perceptual moves (8 options)

## With partners : Same Side

Templates	Exercises	
Basic Moves	All Vertical Mat exercises	Use Vertical Mat

## With partners : Opposite Sides

Templates	Exercises	
B&F HO 1 - 10	Backward & Forward	
B&I HO 1 - 6	Behind & In Front of ( <i>in line</i> )	
F&T HO 1 - 10	Back & Forward, Twist & Flip	Use Horizontal Mat
BIFT HO 1 - 6	Behind, In Front, Flip & Twist	
T HO 1 - 4	Mixed movements	

## With partners : Opposite Sides

Templates	Exercises	
L&R VO 1 - 10	Left & Right	
L&R of VO 1 - 8	Left of & Right of ( <i>on top of</i> )	
F&T-LR VO 1 - 10	Left & Right, Twist & Flip	Use Vertical Mat
LRFT VO 1 - 6	Left & Right of, Twist & Flip	
LRT VO 1 - 4	Flipped and Twisted move LR	

## Spatial Awareness : H Mat

Templates	Exercises	
PH 1 - 6	Left, Right, Centre, Top & Bottom	Spatial Awareness, Positioning, Vocabulary, Working Memory, Inhibitory Control, Cognitive Flexibility, Association, Substitution, Gross and Fine Motor Co-ordination, Crossing the Midline, Bilateral Integration
PH2 7 - 12	Left, Right, Centre, Top & Bottom	
PH3 13 - 18	Left, Right, Centre, Top & Bottom	
PH4 19 - 24	Left, Right, Centre, Top & Bottom	
PH5 25 - 30	Left, Right, Centre, Top & Bottom	
PH6 1 - 3	Left, Right, Centre, Top & Bottom	

## Spatial Awareness : V Mat

Templates	Exercises	
PV 1 - 6	Left, Right, Centre, Top & Bottom	Spatial Awareness, Positioning, Vocabulary, Working Memory, Inhibitory Control, Cognitive Flexibility, Association, Substitution, Gross and Fine Motor Co-ordination, Crossing the Midline, Bilateral Integration
PV2 7 - 12	Left, Right, Centre, Top & Bottom	
PV3 13 - 18	Left, Right, Centre, Top & Bottom	
PV4 19 - 24	Left, Right, Centre, Top & Bottom	
PV5 25 - 30	Left, Right, Centre, Top & Bottom	
PV6 1 - 3	Left, Right, Centre, Top & Bottom	

## Sym/Sort/Mem : H Mat

Templates	Exercises	
LOWM	Memory Exercises	Memorize movements 1 - 5
LOS	Symmetry Exercises	Lines of symmetry
S	Sorting Exercises	Sorting objects based on criteria

## Sym/Sort/Mem : V Mat

Templates	Exercises	
LOWM	Memory Exercises	Memorize movements 1 - 5
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## Basic Maths : V & H Mats

Templates	Exercises	
NC 1 - 5	Move to line	Number Line - Base 5
M 6 - 10	Move to line of equal value	Number Concept - Base 5
M1 11 - 15	Move to line of equal value	Add & Sub up to 5
M2 16 - 21	Move to line of equal value	Add & Sub by brick value 5
M3 22 - 27	Move to line of equal value	Subtraction up to 10
M4 1 - 5	Move to line	Number Line - Base 10
M5 6 - 10	Move to line of equal value	Number Concept - Base 10
M6 1 - 5	Move to line of equal value	Add & Sub up to 10
M7 6 - 10	Move to line of equal value	Add & Sub up to 10
M8 11 - 13	Move to line of equal value	Add & Sub by brick value 10
M9 14 - 17	Move to line of equal value	Add & Sub up to 20
M10 18 - 20	Move to line of equal value	Add & Sub by brick value 20

## Advanced Maths : V & H Mats

Templates	Exercises	
AM1 1 - 4	Move to line of equal value	Subtraction up to 100 - Base 5
AM2 5 - 8	Move to line of equal value	Subtraction up to 100 - Base 10
AM3 9 - 11	Move to line of equal value	Add & Sub by brick value 100
M01 1 - 4	Basic Multiplication	Multiples of 1 to 10
M02 5 - 7	Three Operations ( +, -, x )	Add & Sub with Basic multiplication
M03 8 - 11	Times tables ( 1 - 12 )	Multiples of 1 to 12 with Add & Sub
M04 12 - 15	Basic Division	Multiples of 1 to 5
M05 16 - 19	Basic Division	Multiples of 1 to 12
M06 20 - 22	Four Operations ( +, -, x, ÷ )	Multiples of 1 to 12 with Add & Sub

# Crossing the B-Line : Working with Partners - Same Side

## Options / Variations for all games

### With or Without Partners

- depending on ages - use : Up & Down / Forward & Backward
- try the exercises with auditory input ( *download App* )  
( *great for teacher to watch the children and their movements* )
- ask children to try and read the instructions to each other
  - initially in groups - and then to the whole class
- ask children to turn away from mat ( backs to mat )  
and only turn back to move bricks after each instruction

### Extra Materials / Finger Fun

- to move bricks : use a pencil / stick / straw / peg / chopsticks
- to move bricks : use thumb and baby finger - lift - no sliding
- to move bricks : use only both index fingers - lift - no sliding
- one hand on head / one hand behind back / finger on nose

### Advanced

- wait for 2/3/4 instructions **before** moving bricks  
( *no touching till after last instruction* )
- do all movement commands in **reverse**



### With Partners

- players hold hands together and use other hand only  
( *glued high five* )
- players must move bricks together  
( *can only move bricks if both touching it* )
- one player only moves forward - the other only moves backwards
- one player only moves left - the other only moves right
- one player only moves blues - the other moves all the rest
- player 1 uses player 2's bricks and 2 uses player 1's  
( *have to lean over each other - don't move* )
- both players do all movement commands in **reverse**  
( *have to lean over each other* )
- player 1 uses 1 of player 2's bricks and player 2 uses 1 of player 1's  
( *let them decide - have to lean over each other* )

### Advanced

- wait for 2/3/4 instructions **before** moving bricks  
( *no touching till after last instruction* )
- players move their bricks until the bricks are off the red line - then :  
*player 1 controls / moves any bricks on his 2 blue lines ( top or left )*  
*player 2 controls / moves any bricks on his 2 blue lines ( bottom or right )*
- **player 1 or player 2** does all movement commands in **reverse**