

## **Core Strength** (Addition to Gross Motor Skills Ideas Booklet)

- **Bridging** – lie on back, knees bent, feet flat on floor. Push through heels to raise bottom off the floor (keep head and shoulders on the ground) Make it harder by rolling cars or a ball under the bridge, BIG challenge – place feet on a cushion or small ball and maintain stability while bridging
- **Superman pose** – lie on front, lift arms off the floor so upper chest comes up too. Can lift legs at the same time, hold a ball between hands or feet while lifting or hand them pieces of a puzzle to complete or place stickers on a wall
- **Sit on gym ball** – sitting and bouncing is a work out in itself, sit on a gym ball to complete table top activities, play catch (the heavier the ball the bigger the challenge) Catch can also be played while **kneeling up** (or play 'Knock me Over' – gradually increase pressure needed to push over and decrease assistance to get back to sitting)
- **Plank** (can start with knees on floor or prop on elbows rather than straight arms, extra challenge hold one arm straight out in front or even arm and opposite leg)
- **Lying in 'TV position'** (lie on tummy propped on elbows) to complete an activity or watch a video on a tablet as a reward
- **Wheelbarrow walking** (hold knees – easier, ankles – harder), how long can they hold it for? Walk forwards / backwards for count of 10, can child walk to a ball and drop it in a basket with one hand?
- **Squats / picking up objects from the floor**
- **Heavy lifting** – carry bags of fruit, give out a pile of books

## **Games**

- **Negotiate an obstacle course**
- **Climb up a slide instead of down** (playground climbing equipment or trees work too)
- **Play game on hands and knees**
- **Swinging**
- **Crab Walking**
- **Body Bridges** (different ways to make a bridge – seated, all fours, plank, downward dog, crab walk)
- **Play 'Row Row Row Your Boat'**
- **Play Tug of War**
- **Rolling**

## **Equipment**

- **Gym / Therapy / Peanut Ball (please ensure correct height)**
- **Balance stool**
- **Scooter board**
- **Wobble board / cushion**
- **Stepping stones**

\* Check your child continues to breathe during these exercises – holding your breath allows you to compensate and not use the core muscles that these exercises are targeting.