

Activities to build

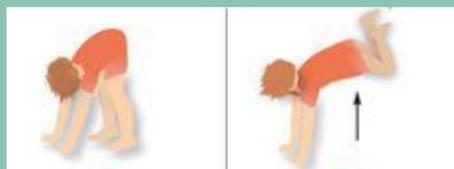
CORE STRENGTH

Importance of core strength

A child requires strong core strength or postural control in order to access and participate effectively in many of their everyday tasks. Having strong core muscles (muscles around the abdomen, pelvis and back) allows a child to maintain an upright posture whilst sitting and standing without support. If a child has poor core strength they will have difficulty completing both fine and gross motor tasks within their everyday activities.

ANIMAL WALKS

- Crab walks
- Bear crawls
- Donkey kicks
- Caterpillar crawls
- Frog jumps



WHEELBARROW WALKS

The child places both hands on the ground and another person holds their feet. Depending on their core strength the child may require you to hold them at their hips or their legs to be at a slightly higher angle in order to allow them to move their arms/weight shift.

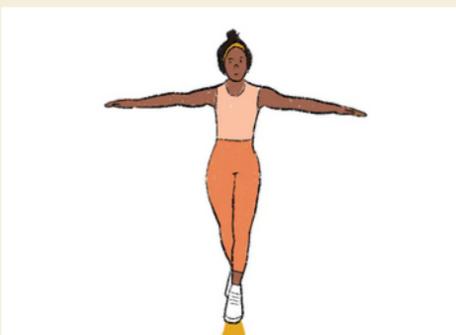
BRIDGES

Child to lay down on the floor. Prompt child to lift hips up whilst keeping hands and feet on the floor. Request the child to hold this position for a certain amount of time or play tunnel ball under the children creating the bridge shape.



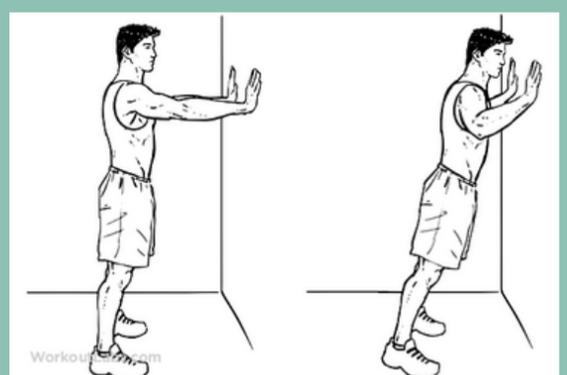
TIGHTROPE WALKING

Child to walk heel to toe across a straight line on the floor. The line could be created with chalk or masking tape. To increase the challenge request the child to pick up items whilst remaining on the line.



WALL/CHAIR PUSH UPS

Prompt child to place their hands on the wall and complete a push up whilst standing. The student could also attempt to "push the wall away" whilst completing this exercise.



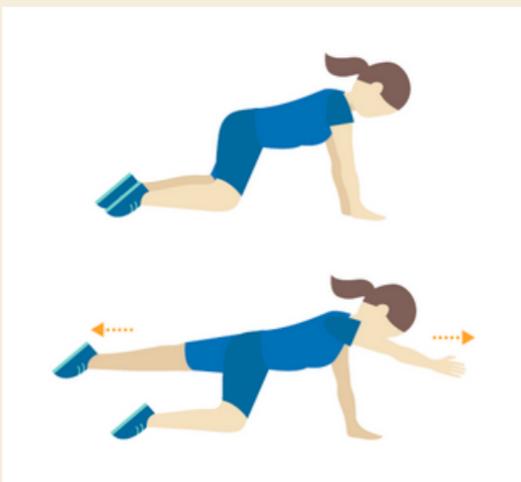
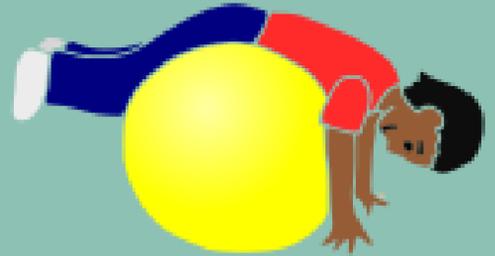
CORE STRENGTH ACTIVITIES

Continued...

Core strength dice/activity card can be created from the exercises suggested within this handout. The child can roll the dice and then complete a set amount of the activity rolled/selected.

THERAPY BALL ROLLOUTS

For this activity, request the child to lay over a therapy ball and roll forward to collect bean bags, letters, random items and place them in a bucket. The child could also roll back and forwards over the ball to complete the activity.

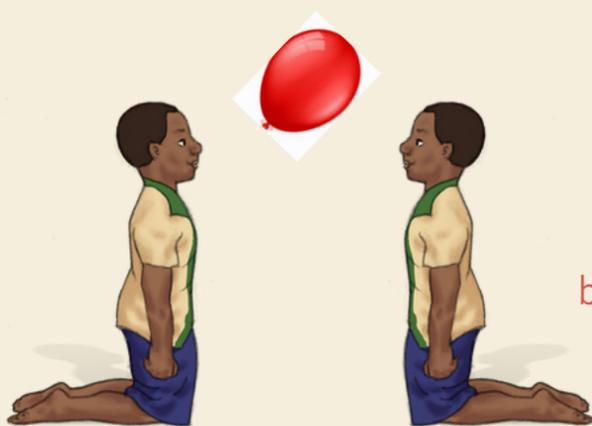
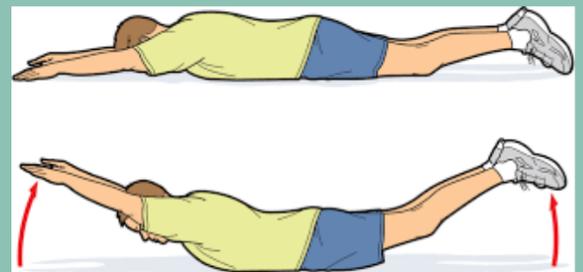


FOUR POINT KNEEL

Request the child to move into a four point kneel position. Activities options whilst in this position include; picking up bean bags and throwing them into a bucket, rolling a ball back and forth to a partner or lifting the opposite hand and leg at the same time and maintaining balance.

SUPERMAN

Request the child to lay on their stomach and hold their hands and feet off the ground to create a superman shape. For an additional challenge request the student to lift legs higher to touch your hand for a set amount of times.



BALLOON VOLLEYBALL

Request the child to kneel and hit the balloon back and forth focusing on keep the balloon off the floor and remaining upright for as long as possible.

PLANK HOLDS

Child to hold a plank position for a set amount of time. This could be completed in a circuit, whilst other children as completing an activity or rolling a ball underneath whilst holding the plank could be included.

