

## **Core Strength Exercises**

### **Bridging:**

- Starting position: child to lay on the floor on its back, arms resting with extended elbow at the side of the body, hands with palms down.
- Child to raise bottom off the floor and hold this position (5-10 seconds), repeat twice
- To make it more fun, your child/ or another child could pass some cars or small toy animals through gap under the bottom. (older children: use stop watch, see how long position can be held)



### **Bear Walking:**

Watch and join in this fun 'Do the bear walk' activity to strengthen your child's shoulder girdle:

<https://www.youtube.com/watch?v=KG3AO6IJ4BQ>



### **Crab Walking:**



- Starting position: child to sit on floor, knees bent, arms behind trunk
- Child to lift bottom off the floor
- It could be made into a game by having a start point and a finish line (no more than 2-3 meters apart to start with); child to put beanbag on its tummy and crab

walk forwards/ backwards/ sideways to the finish line without dropping the bean bag; or: it could be a race between 2 groups of children...or similar.

### **Snake Charmer:**

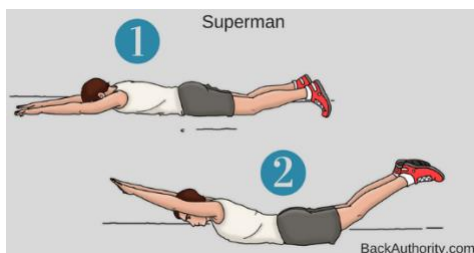
- **Starting position:** Child to sit on floor, knees bent, feet flat on the ground. Put a beanbag (or: a small fluffy toy, or a pair of socks) between the knees to keep them together.  
Hands are resting on thighs.



- Have your child "curl up" by raising the head, sliding the hands up to the knees and maybe even hissing at you (holding the position) until you give the signal to go back down slowly.
- Have the children take turns being the snake charmer!
- Emphasize **SLOW** movements, rather than fast jerky ones.

### **Superman:**

- Starting position: child to lie on the floor on its stomach, arms stretched out above its head
- Child to raise head, arms and chest off the floor pretending to be superman/ supergirl
- As a slight variation your child could lift its legs off the floor at the same time (not bent at the knees)
- Or: your child could throw a ball at skittles in this position, then lower the body gently back to the floor, ready to throw again.



### **Row-row-boat:**

Children can play in pairs.

### **Hands and Knees Position:**

First your child needs to get into the hands and knees position:



Then the child is to raise up one arm and hold (5-10 seconds), swap with the other arm:



Next your child is to raise up one leg (straight at knee, elongation of the trunk), hold (5-10 seconds) then swap with the other leg:



If your child manages both positions well, your child can try to raise the opposite arm and leg and hold position (5-10 seconds), then swap:

