

Core Strengthening Activities

*These activities are important for posture and to enable good development of gross motor skills. Core strength is the strength in muscles of back, stomach, hips and shoulders that help to stabilize the body to allow good posture and movement.

- All fours – lifting one arm at a time, one leg at a time and then progress to lifting an arm on one side while lifting the opposite leg. Arm and leg being lifted should be straight
- Tall Kneeling (knees down & sitting upright) – Throw and catch a ball
- Half Kneeling (1 knee up & 1 knee down) – Toss a ball or bat a balloon.
- Bridging – Lying on back with knees bent and feet flat on the floor below knees – Lift bottom up & hold then release back to floor 10x.
- Standing on one leg – Hold balance while change position of arms, hands on hips progressing to hands overhead.
- Crabwalk – Sit on bottom with hands and feet on floor, lifting bottom off floor & shifting weight to move hands and feet forwards or backwards.
- Bear walk – stand on hands and feet – head down and bottom up – walk forwards on hands and feet.

