

**GOALS: Body Strength**

Shoulder Strength and Stability  
 Body Strength  
 Core Strength & Stability  
 Body Awareness  
 Endurance

Skill Development	Instructions	Exercise
<p><b>Core strength &amp; stability:</b>                      When you are sitting or standing) you have to hold a certain posture. These exercises will help develop your child’s ability to hold these postures, brace their muscles and work against gravity.</p>	<p>You are going to use the Whole Mat but the Centre Line will be your guide to make sure you are going straight.</p>	<p><u>Side-to-Side Walking:</u></p> <ul style="list-style-type: none"> <li>• Place your hands and feet off the mat (body horizontally across the Centre Line).</li> <li>• Lift your knees off the ground.</li> <li>• Keep your fingers flat on the ground (tuck your thumb in, fingers together).</li> <li>• Walk up and down the mat on your hands and feet only.</li> <li>• Repeat x4.</li> </ul> <p><u>Listen &amp; Move:</u></p> <ul style="list-style-type: none"> <li>• Start at the BOTTOM, of the mat.</li> <li>• If I say FORWARDS, move up the mat.</li> <li>• If I say BACKWARDS move down the mat.</li> <li>• If I say STOP, hold your position (stand still).</li> </ul> <p><u>Crab Walk:</u></p> <ul style="list-style-type: none"> <li>• Sit on the Centre Line.</li> <li>• Feet off the mat in front of you. Hands off the mat behind you.</li> <li>• Lift your bottom off the mat.</li> <li>• Crab walk up and down the mat.</li> <li>• Repeat x4.</li> </ul>
<p><b>Feedback / Notes</b></p>		