

GROSS MOTOR + SENSORY MOTOR SKILLS

WEEK 1: TUESDAY

MOVEMENT GAME

B

AREAS ADDRESSED

- + Core Strengthening
- + Balance
- + Vestibular/Proprioceptive input
- + Bilateral coordination
- + Spatial Awareness
- + Crossing Midline

SUPPLIES

- + Colored painter's tape

NOTES

WHY IS IT IMPORTANT?

Imagine yourself trying to kick a ball or walking up and down the stairs. You will need to have good core strength and good balance to kick a ball. You need to be able to be aware of where your body is in space in order to place your foot on the ground/step, so you don't fall. You also need to be able to have good coordination of your sides of the body to be able to run, jump, and alternate your feet to go up and down the stairs. This cross-lateral pattern of movement promotes whole-brain thinking, which means that your left and right hemispheres will be able to work together to complete a task that requires bilateral coordination skills.

INSTRUCTIONS

1. Stand with your feet apart and your arms open parallel to the ground.
2. Shift your weight to your right foot, lift your left knee and touch it with your right hand.
3. Step back to both feet and immediately shift weight to your left foot as you lift your right knee and touch it with your left hand.
4. Repeat this several times in a comfortable, upbeat, rhythmic way.