

Crab Walking

Resources: Large carpeted/floor boards floor space so that the children can move freely.



Starting position

Starting Position: Children sit with hands on the floor about hip level.

They lift their bottom off the floor keeping their knees bent and feet flat on the floor.

They should look like a table.



Starting position

Movement: Keeping their bottoms off the floor and staying firm,

like a table, ask the children to walk sideways to their right and then stop. When they have had a 15sec

break, ask them to walk sideways to the left. This is a difficult task and most children will only be able to

move about 5 steps each way.



Walk sideways for 5m

Extras: This activity requires whole body strength as well as good balance. Ask the children to make a clicking (crab) sound as they scuttle along.

Critical point:

- The children should keep their bottoms off the floor.

Module 4: Difficult

Dolphin Roll

Resources: Large carpeted/floor boards floor space so that the children can lie down.

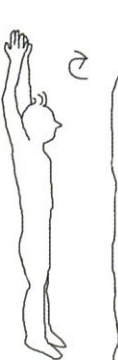
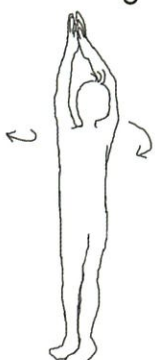


Starting position

Starting Position:

Children lie on their backs with their arms above their heads. They can imagine that their hands are forming the dolphin's nose. There should be at least 1m around each child so that they don't roll onto

someone else. It is easier to monitor which way they are rolling if they all line up the same way.



Complete one full turn with arms clasped above head

Movement:

Children roll to the right 3 times using only their trunk to control the roll, not their arms or legs.

Check if anyone is dizzy and wait at least 1min before asking children to lie still with their arms

above their heads and to get ready to roll again. Repeat by rolling to the left. Again, check if anyone is dizzy.

Extras:

This activity is a progression on the seal roll. It requires a lot of trunk muscle work and some children might not be able to roll 3 times in a row. When they start to master the activity, then ask them to make a dolphin noise after they finishing rolling. If they are a bit puffed out and the dolphin noise is soft then you know that they have worked hard.

Critical point:

- The children should use only their trunk muscles, not their arms or legs.

Module 4: Easy