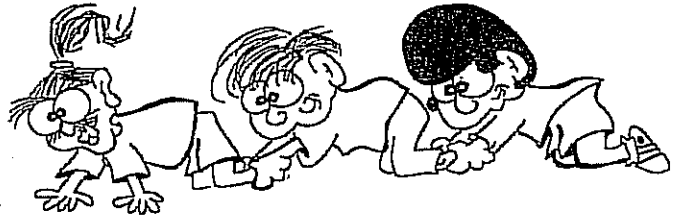


## DEFINITIONS OF POSITIONS MENTIONED IN LESSONS

**Bear Walk:** Place hands and feet on the floor with belly side down. Walk on hands and feet forward with legs and arms straight and rear in the air. Do not let the knees touch the ground.



**Caterpillar Crawl:** This is a group task. Have the children all form a row and then assume a hands-and-knees position. The children grasp the ankles of the child in front of them forming a caterpillar chain, and move around the room as a whole group.



**Crab Walk:** Place hands and feet on the floor with belly side up. Move forward or backward using arms and legs.



**Dog Crawl:** Assume a hands-and-knees position. Shake head from side to side as if to shake water off "dog" ears.



**Duck Walk:** Assume a squatting position with arms bent so that the hands are under the armpits. Move around the room flapping arms while maintaining the squatting position.

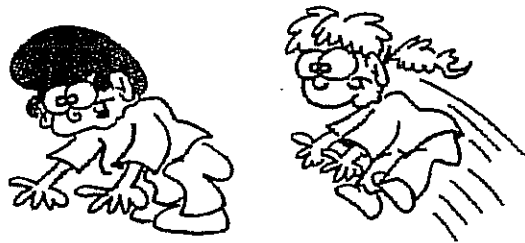


**Elephant Walk:** While walking and stomping feet, clasp hands together and swing them back and forth hanging down low like an elephant's trunk.



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**Frog Squat and Hop:** Assume a squat position with hands touching the floor. Begin to hop forward by springing up and down, each time touching the floor with both hands.



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**Gallop:** While standing, keep one foot in front of the other and move around the room in a half-skip pattern.



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**Hands-and-Feet Position:** Place hands and feet on the floor with rear in the air. Hold this position while stretching up onto toes.



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**Knee Walk:** Assume tall kneeling position (see at right) and walk around the room in this position.



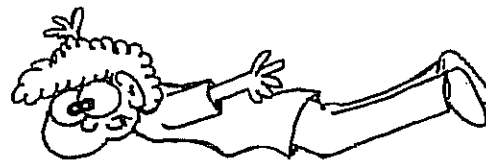
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**Log Roll:** Lie down on a mat with arms either touching top of the head or straight down the side of the body. Roll first in one direction and then the other.



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**Prone Extension:** Assume an "airplane" position. Belly is on the floor. The head, arms and legs are lifted off the floor. Be sure to keep the arms and legs straight.



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**Supine Flexion:** Assume a "sit-up" position and hold it. Chin is tucked, legs are pulled to chest, and arms are folded across chest.



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**Tall Kneel:** Kneel on the floor, hips in a straight alignment with body so that arms are free to use.



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**Tree Balance Yoga Pose:** While standing, bring one foot up to touch the inside of the knee on the opposite leg. Hold this position as long as possible, while reaching arms up high. Repeat on the other leg.



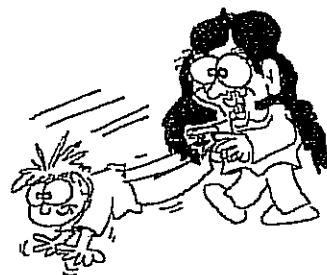
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**Turkey Trot:** Assume a squatting position with arms bent so that the hands are touching under the armpits. Move around the room flapping arms while maintaining the squatting position.



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**Wheelbarrow Walk/Plow:** This requires 2 children. Child #1 places hands on the floor, and child #2 stands up and holds child #1's ankles. They move across a mat coordinated together. Child #2 walks on feet and continues to hold child #1's ankles, while child #1 uses arms to "walk," keeping elbows straight.



## SUGGESTED PLAY ACTIVITIES FOR STRENGTH AND COORDINATION

### ANIMAL WALKS - To improve overall strength and movement

1. Kangaroo Hop - Holding an object between the knees, jump with the feet together.
2. Hand Kick Walk - Walk forward, kicking the feet upward on each step at the same time leaning forward and touching the toe with the hand of the opposite arm. The left hand touches the right foot and the right hand touches the left foot.
3. Crab Walk - Ask the child to squat down, reach backward and put both hands on the floor behind him without sitting down. Have him walk while in this position. He should keep his head, neck and body in a straight line.
4. Commando Crawl - Lying on your stomach, head and shoulders up, the child propels himself using the elbows and knees.
5. Lobster Walk - Same position as crab walk. Walk in direction of hands, keeping head and body in a straight line.
6. Prancing Horses - Standing, fold arms across the chest. Throw the head upward and back. Prance around, lifting feet high and pointing toes.
7. Seal or Walrus Walk - Assume a position flat on the floor. Push up the entire body with the arms, keeping the knees straight. Walk forward with the arms while the feet drag behind.
8. Frog Hop - Deep knee bend position - hands on hips - extend one leg to side and return repeat with other leg
9. Inchworm - Start from hand-knee position. Move hands forward together in the first command - bring knees forward together on the second command.
10. Duck Walk - Position as in deep knee bend - hands behind back for "tail" waddle forward
11. Chicken Walk - Assume a squat position, feet together, knees apart. Grasp the ankles. Retaining this position, walk forward.

12. Seat Walk - Sit with legs bent and drawn to chest. Shift body weight to one hip and then advance the opposite hip. Next child shifts his weight back and advances to other hip.
13. Bear Walk - Bend forward and touch ground with both hands. Travel forward by moving the right arm and right leg simultaneously and then the left arm and left leg simultaneously.
14. Lame Dog Walk - Walk on hands and one foot with other leg held high imitating a dog with a sore foot.
15. Rocking Horse - Stand with legs astride, hands on hips. Rock forward, lifting heels from floor, rock backward lifting toes.
16. Ladder Climb - Using arms and legs, lift knees very high-reach as if climbing a ladder. For variety, lift right arm and left foot and then left arm and right foot.
17. Elephant Walk - Bending forward at waist, arms limp, hands clasped. Take large steps, sway arms from side to side.
18. Rooster Walk - Holding head and chest high, walk forward with knees straight, hands on chest.
19. All Four Walk - Bend over and place hands on floor. Walk forward on hands and feet.
20. Ostrich - Bending forward at the waist; grasp the ankles. Keep the knees as stiff as you can. Walk forward, stretching your neck in and out.

PARENT DIRECTED ACTIVITIES TO DEVELOP GROSS MOTOR SKILLS  
BALANCE ACTIVITIES

- Play a balance game in which your child pretends to be a tight rope walker and walks along a line or string placed on the floor. See if she can walk along a narrow board on the ground; try it with eyes open, closed. Walk with both hands on hips and then on shoulders.
- Animal walk: Trot like a pony; hop like a frog, crab walk, bear walk-- Forward and backward; Bunny hop to a target.
- Have her jump a certain distance on one foot, then back on the other foot. See if she can stand on one foot and balance for a short time.
- Play "Statue" with her and have her "freeze" while in mid-stride.
- Play on a mini-tramp; first in sitting, then in kneeling, then standing while holding hands with a partner that is not on the tramp.
- Box activities: Create an obstacle course--over and under, standing and crawling through the course. Box races: pushing and pulling, one foot in and one foot out of a box or one foot in one box and the other foot in another box as if skating.
- Hip Hop: Place a long rope on the floor in a pattern in which rope crosses itself often. Have child walk along the rope, jumping over each crossing point.
- Backward kickball: Kicking forward: child is to name where or to whom she is going to kick the ball. Try it backward and sideways.
- Ladder Walk: Lay an ordinary ladder down on the floor. Child walks from point A to point B and must "climb" the ladder. Child can think of different ways to walk, play follow the leader, or use your direction. Try walking only on rungs, on the sides of the ladder, or stepping on the floor between the rungs.
- Bounce on a hoppity-hop ball.
- Play "jump the brook" over two tape lines. Gradually increase the width of the stream. Try this with both feet together or a running step-jump.
- Have child pretend to be a tree blowing in the wind. Encourage weight shifting from one foot to the other and hold in place for at least 2-3 seconds.
- Draw small circles with chalk or masking tape; have child try to walk on tiptoes only in the circles or around a larger circle. Or incorporate tiptoe walking into an aerobic/dance exercise with a partner.
- Tape large paper circles and squares on the floor. Show your child how to walk only on those shapes.