

PHYSICAL THERAPY CONNECTION

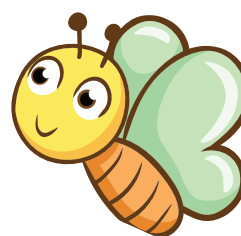
WEEK 4

Gross Motor Skills

GROSS MOTOR ACTIVITY

Engage in motor games:

- *Walk like a duck
- *Walk like a bear
- *Walk like a crab
- *Gallop like a horse
- *Crawl like a cat



Another fun activity is to have both participants stand on pillows and pull with a rope in a game of tug of war. This is beneficial for balance and also for upper extremity and core strengthening.

PROVIDE TIME FOR OPEN ENDED PLAY

Provide time for open ended play where children are climbing, riding, running, and jumping. Activities that target the core muscles such as animal walks, swimming and tug of war and highly beneficial to get fit for school.

Learning standards provide the Core strengthening provides the foundational skills necessary for drawing, writing, cutting with scissors and various other school tasks that children need to do with their hands and fingers.

Therapist, teachers and parents can learn to help young children get ready for school age with the Get Fit for School Webinar (75 minutes) by Ingrid C. King MScOT, BOT.

It can be purchased at Yourtherapysource.com

Your Therapy source.com

