

Exercises

Motor Skills Development

Baby + Kids Level 1



Pull to Sit – Head Control

Lay your baby on the floor, tummy up. Hold both arms and create a slight traction, don't lift the arms more than 5-10cm. Watch your baby bend both elbows slightly and achieve a chin tuck, lifting the head off the ground. If the chin is tucked, lift your baby into a seated position and then slowly lower them back down.

CONCENTRATE ON: Elbow flexion and chin tucking starting from 4 weeks of age. Do not lift your baby if the chin is not tucked.

GOAL: To improve neck, arm and shoulder strength.

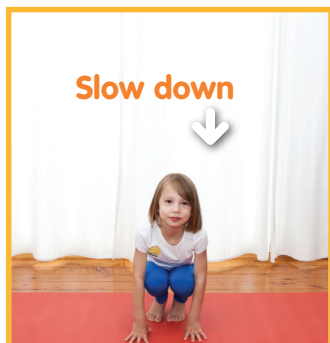


Cross crawl

Lay your baby on the floor, tummy up, bring opposite hand (or elbow) and knee together so they meet in the middle. Then relax and repeat again. Do this 15 times, and then swap sides, and repeat.

CONCENTRATE ON: Getting the opposite limbs to touch. Most babies will find this exercise a lot of fun.

GOAL: To do this activity as much as possible, aim for every nappy change. This exercise prepares your baby for crawling.



Crouch then stand

Start crouched down on the ground then stand up as quick as you can. Slowly bend back down again.

CONCENTRATE ON: Fast movement up and slow movement down. Try not to fall forward. When you crouch down, your bottom should be close to your heels. Keep the knees close together.

GOAL: To do this activity 10 times without falling over.



Well Kids are **active** to help their brain & body grow!

These exercises help kids to reach their developmental milestones. They concentrate on developing motor skills, muscular strength, bilateral body control and crossing the midline (connecting the left and right brain). Your child will master new skills optimally through specific activities for the brain and body. These exercises help your child to learn and grow.



Tummy-Time Push-Ups (4-6mths)

Encourage your baby to spend time in a tummy time position. Over time, both arms should come forward naturally and elbows will be placed on the ground. Encourage your baby to extend arms forward by placing toys at easy reach.

CONCENTRATE ON: Helping your baby to naturally find and play with both hands while in a tummy time position. This will help your baby start to strengthen their shoulders for tummy time push-ups.

GOAL: To achieve tummy time as much as possible during awake hours.



Crawling Over Obstacles (6 months +)

Place pillows, toys and cardboard boxes on the floor and encourage your child to crawl over and through them.

CONCENTRATE ON: Your child moving opposite arms and legs together while crawling.

GOAL: To keep your baby crawling even after they start to walk. It is very important for their brains development to keep crawling.



Big Swing Marching

March on the spot with big straight arms swinging with opposite high knees for 10 steps. Then march for 5 steps forward. Then 5 steps backwards.

CONCENTRATE ON: Swinging your opposite arms and legs together as high as you can. Try not to stamp your feet too hard.

GOAL: To do 3 times without mixing up your arms and legs or tiring.

LEVEL 2: Do with one eye closed, then repeat with the other eye closed.

LEVEL 3 Do with both eyes closed. Make sure you have enough space!

Exercises

Motor Skills Development

Kids Level 2

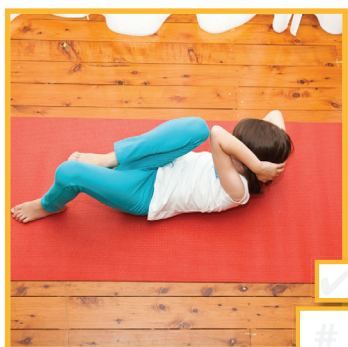
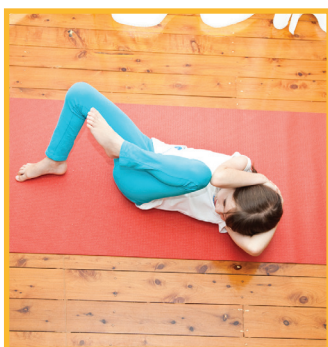


Tricky lunge

Place your hands above your head with palms together. With one leg, take a big step forward and lunge bending the front knee, hold there for 2 seconds. Come back up and switch legs. Repeat on the other leg.

CONCENTRATE ON: Smooth, controlled movement. Standing up tall with your chest facing upwards, not falling forwards or letting your arms drop.

GOAL: To do 10 lunges on each leg.



Elbow to Knee

Lie on your back. Place your hands behind your head and raise your right knee to your left elbow. Curl up and twist your body for your elbow and knee to touch. Repeat on the other side.

CONCENTRATE ON: Making sure you make opposite elbows and knees touch. Be careful not to pull on your neck with your hands, just rest them behind your head.

GOAL: To achieve 30 elbow to knees in a row.



Bridge

Start lying on the ground, using only your hands and your toes, push your body up and off the ground so your arms and legs are straight. Keep your body in a straight line – don't stick out your bottom, keep it in line with your body. In this position take 3 steps towards the left with your left arm and leg. Then take three steps back towards the right.

CONCENTRATE ON: Keep your arms straight and position them directly under your shoulders. Keep strong; don't let your body sag in the middle.

GOAL: To hold the position and move left and then right 4 times without getting tired.

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Sunshine Twist

Starting on your tummy, lift your bottom into the air whilst balancing on your elbows and toes. Swing your right leg up and over the left leg, whilst swinging your right arm upward and pointing upwards. Balancing on your left elbow and left foot, turn your head to look along your right arm and up to the ceiling. Hold for 3 seconds. Swing your right arm and leg back down and switch sides.

CONCENTRATE ON: Keeping your body and legs straight and strong. Keep your movement smooth and controlled.

GOAL: To be able to do this activity 6 times.



Half Crunch

Lying on your back with your knees bent and your hands behind your head or cross your hands across your chest. Tuck your chin and lift your shoulders up off the ground.

Slowly roll up into a half crunch, hold 1, 2, then roll back down.

CONCENTRATE ON: Tucking your chin before rolling your body up.

GOAL: To achieve 15 half crunches in a row.



Crouch and jump

Start crouched down on the ground and jump up into the air as high as you can. Then slowly crouch back down again and repeat.

CONCENTRATE ON: Jumping up as high as you can and crouching back down very slowly and controlled.

GOAL: To do this activity 10 times without falling over.