

I The Sneaky Crawler

8 minutes

Individually

Purpose: Essential neuro-developmental movement pattern

Resources: Floor space and mats

Integration Play

- Lying with the tummy on the floor move your flattened body across the room.
- The body action is this. Keeping the body flat reach far forward with the left hand and at the same time draw up the left knee. Move by pushing down with the foot and pulling with the hand.
- Repeat the move with the right arm-right leg move and so on. Let the body sway and wiggle to help with the movement across the room.



Variations

Do this activity lying on the back. Draw up the left leg and extend the left hand and move.

Have a beat clapped out or banged on a drum. On the beat the body moves.

Stretch out a rope very low down to the floor - no bottoms can touch it.

Teaching/Observation Points

- Keep the body as flat as possible, tummy, chest, legs and toes on the floor.
- Integrity of the movement – right arm and right leg action etc. to be clearly seen
- Really reach far ahead and pull the body with the hand and push down with the foot.

Observations