

CATERPILLAR WALK



- Lie on tummy on the ground, hands on the floor.
- Push up onto straight arms with body straight behind (*front support*)
- Walk feet up to stationary hands.
- Then walk hands forward as feet remain stationary.
- Back into straight body position with strong arms (*front support*)
- Flat on tummy on the ground.

Very important: To keep strong arms and strong body tension.

Common fault: Find difficulty in pushing from the ground into the front support position.

Remedy: Miss out lying on the ground and caterpillar walk from front support back to front support only.

Extension: (i) Can you caterpillar walk backwards?
(ii) Can you caterpillar walk with legs astride?

N.B. This is a very strenuous activity and children should engage in it for short bursts of time.

SPINNING TOP

- Place one hand on the ground, slightly in front of the body.
- Stretch the other arm up to the ceiling.
- Walk or run your feet around the hand on the floor.
- Change hands and change direction.

Very important: To maintain strong arms and body tension.

Common fault: Find difficulty in maintaining body position.

Remedy: Push bottom up into the air and look at the hand which is stretched towards the ceiling.