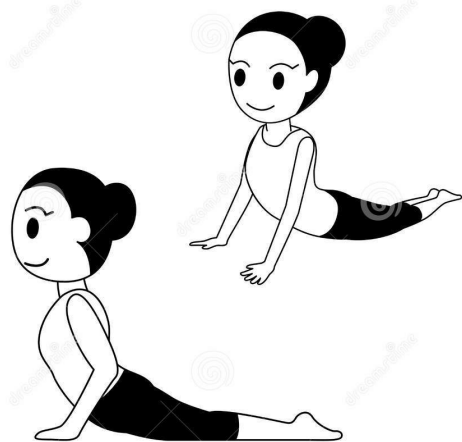


Shoulder Stability & Core Strength

Lie on the floor and push up shoulders with arms into 'cobra pose'. Hold for 5 seconds and increase to 10.

Finger isolation can be developed by raising fingers individual. / Hand strength can be developed by pulling fingers up into a 'spider'.



Shoulder Stability & Core Strength

Table push ups. Put hands on table and push yourself up to standing. Develop to hold yourself with your feet off the floor. (Lean forward over the table.)

Shoulder Stability & Core Strength

Partner Push Ups.

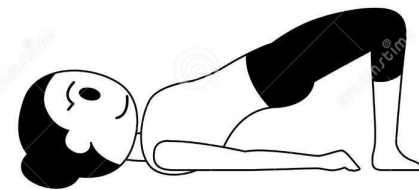
Stand opposite a partner and place your palms together. Take turns to push against each other.

Make sure you have a straight back and you are bending and straightening your arms only.

Shoulder Stability & Core Strength

Bridge Push Ups

Lie on floor on your back with your knees bent. Try to get your feet as close to your bottom as possible. Push your bottom up towards the ceiling.



Shoulder Stability & Core Strength

Get onto the floor onto the floor on your hands and knees. Pull 'tummy button to spine' and stretch out arms and legs keeping body still. Progress to opposite arm and leg.



Cross the Midline & Bilateral development.

Around the Table

Pass the play dough pot around the table with one hand behind the back to ensure the crossing of the midline. Repeat going the other way with the other hand.

Cross the Midline & Bilateral development.

(Proprioception developed as well.)

Around the World

Pass the play dough pot around the body changing hands behind the back.

Cross the Midline & Bilateral development.

(Core strength developed as well in high kneeling.)

Cross Crawl

This can be done in sitting, standing or high kneeling. Take right hand and place on left knee followed by left hand onto right knee. Develop the flow so the arms cross in the middle.

Cross the Midline &
Bilateral development.

Clapping Games

Sit opposite a partner.
Right hand claps left
hand of partner and
swap.

<https://www.todaysparent.com/family/10-classic-hand-clapping-games-to-teach-your-kid/>

<https://icebreakerideas.com/hand-clapping-games/>

Cross the Midline &
Bilateral development.

Simon Says

Teacher leads the
game with
instructions crossing
the midline. E.g. touch
your left knee with
your right hand.

Cross the Midline & Bilateral development.

Milk The Cow

This can be done with straight arms or bending at the elbow.

Children make a fist and move arms up and down alternately squeezing fists as they do so.

Cross the Midline & Bilateral development.

Sharks.

The children bend their elbows with both palms facing their stomachs and lace fingers together tightly. (shark's tail)

The children push their thumbs up into the air and keeping fingers tightly together and thumbs straight, the children bend and straighten their knuckles to make the shark 'swim'.

Finger Dough

Flipping the Top

Children hold playdough pot in hands. Use two thumbs to flip the top. Use one thumb to flip the top and repeat with other hand.

Finger Dough

Finger isolation

Give the fingers names - e.g. pointy finger etc.

This can be done without the dough. Children to push the named finger into the dough while holding the pot with the other hand. Repeat.

Finger Dough

Squeezing

Take out the play dough and use the whole hand to squeeze. Swap hands.

Rolling a Ball

Use both hands to roll a ball with the playdough.

Finger Dough

Dinosaur Spines

Roll a sausage with the playdough. Pinch up 'spines' along the top. Use different fingers to pinch.

Peas for Tea

Pinch off small pieces of dough and using tripod grip roll small balls. (peas)

Finger Dough

Hedgehog

Roll a ball to make the body of the hedgehog. Pull out the nose using pincer grip.

Pull up spines on back using different fingers to pinch.

Finger Dough

Playdough basket.

Roll thin sausage and coil into a spiral to make a pot. Partner fills with peas.

Playdough Snail.

Roll into thin sausage and make into snail. Partner makes the eggs.

Shoulder Stability & Core Strength

The Plank

Children to lie on floor on tummy. Push up on elbows or hands until back is flat or onto hands with back flat.



Shoulder Stability & Core Strength

Superman Pose

Children to lie on floor on tummy. Stretch out arms and legs until balancing on their tummy.

