

Gross Motor - Level 3

3.2.1 Angels in the Snow

Lying in the floor spread your arms and move them up and down like angel wings. Now spread your legs and move them up and down as well as your arms, helping the angel to fly.

Purpose

To promote co-ordination of arms and legs.

To promote muscle strength.

Observations

Can the child move their arms and legs together?

Can they do large sweeping movements?

Equipment

Mats