

Gross Motor - Level 3

3.2.3 Journey

The child lies on their back and the facilitator tells a story of going on a journey. The child has to move their legs as if pedaling a bike, walking with skis, walking or running along.

Purpose

To promote co-ordination and reciprocal movements

To promote core stability

To promote muscle strength

Observations

Can the child manage reciprocal movements?

Can they follow the verbal instruction as the movements change?

Equipment

Mats