

Gross Motor - Level 1

1.2.4 Mr Mole

Pretend to be Mr Mole crawling through tunnels and over molehills.

Purpose

To promote co-ordination.

To promote muscle strength.

To promote motor planning.

To promote spatial awareness.

Observations

Can the child crawl?

Can the child manouver over and under?

Equipment

Mats

Tunnel

Soft play equipment