

Gross Motor - Level 2

2.2.3 Backward Slide

Lie on your tummy and prop up on your extended arms, raising your chest and head from the floor. Now push backwards with your arms and slide backwards along the floor. (A small slip-sheet can be placed under the tummy to make sliding easier)

Purpose

To promote upper body strength.

To promote core stability.

Observation

Can the child prop up on extended arms?

Can the child hold their head up?

Can they move backwards?

Equipment

Mats