

## **Gross Motor - Level 2**

### **2.2.2 Birds and Butterflies**

In sitting move your arms up, down and around, pretending to be a bird or a butterfly. You can move your wings slowly or quickly.

#### **Purpose**

To promote upper body strength.

To promote co-ordination.

#### **Observation**

Can the child use both arms together, arms separately and co-ordinate the movement?

Can the child vary the movements?

#### **Equipment**

Mats