

Gross Motor - Level 3

3.2.2 Creeping Crocodiles

Lie on your tummy with arms and legs long and outstretched; creep along on your tummy using your arms and legs making sure you stay flat on the floor. The crocodile can try creeping along under bridges (parachutes or sheets can be used for this).

Purpose

To promote co-ordination and reciprocal movements

To promote muscle strength.

Observations

Can the child stay flat on the floor?

Can they co-ordinate their arms?

Can they do reciprocal movements?

Equipment

Mats

Parachute

Sheets