

Balance - Level 1

1.1.5 Tunnel Game

Crawl through the tunnel. Can you turn round and crawl back out again? Can you sit or lie in the tunnel whilst it is being rocked? Can you crawl through more than one tunnel and in different directions?

Purpose

To promote balance reactions on all fours.

Observation

Can the child crawl through the tunnel?

Can the child change direction?

Does the child tolerate rocking?

Equipment

Tunnels

Mats