

Gross Motor - Level 1

1.2.3 Rise and Shine

Pretend to go to sleep on your tummy, roll over, sit up, stretch as if you are waking up. If you like you can stand up and move around. What could you be? E.g. a flower, the sun, a tree or a star.

Purpose

To promote mobility.

To promote motor planning.

To promote co-ordination.

Observations

Can the child change positions?

Can the child keep their balance?

Equipment

Mats