

# **Gross Motor - Level 1**

## **1.2.2 Tummy Play**

Lie on your tummy on the floor over a cushion or roll. Lie flat or prop up on your arms. What games can you play on your tummy?

### **Purpose**

To promote upper body strength.

To promote core stability.

### **Observations**

Can the child prop on their arms?

Can the child hold their head up?

Can the child play on their tummy?

### **Equipment**

Mats