

Fine & Gross Motor Activities



Core Strength

April 28, 2020

CORE STRENGTH

Lesson: [April 28, 2020]

Learning Target:

Increase strength of muscles surrounding the abdomen, pelvis, and back.



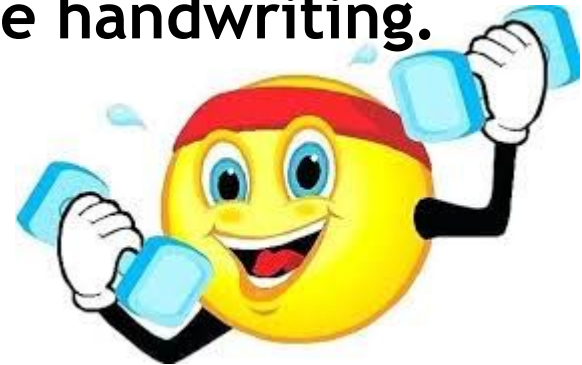
Background:

Core strength is the foundation for children to be able to assume and maintain an upright posture while standing and doing gross motor skills like jumping or sitting without support for functional fine motor activities like handwriting.

Let's get started:

Watch video

[Jaime's Brain Breaks | 11. Deep Sea Core Strength](#)



Stuffed Animal core workout Controlled Lowers



Tunnel Crawling

DIY Tunnel

DIY Cardboard Tunnel



Bridging

How to do Bridge Pose with Kids



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Planks

Plank Exercises for Kids

Play Superman
Superman Exercise for Kids



Just as a tree needs a strong trunk to be able to hold its branches up, and withstand elements in its environment, a child requires a strong core to participate in life's daily activities efficiently!

