

## Fine & Gross Motor Activities

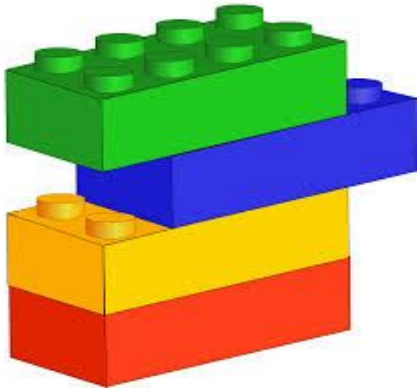
# Crossing Midline

AND

the **BUILDING BLOCKS** to success

*For All Ages*

**May 4, 2020**



# Crossing Midline

Lesson: [May 4, 2020 ]

## Learning Targets:

The **BUILDING BLOCKS** are skills necessary for successful midline crossing. These include:

Core strength

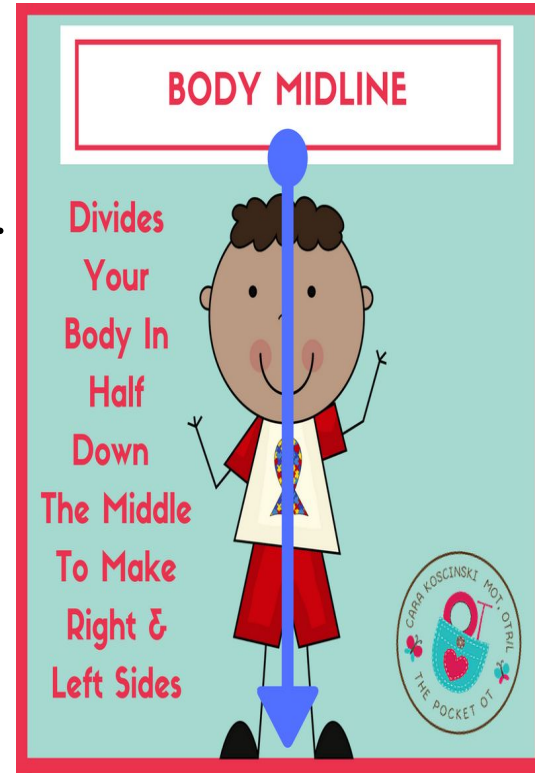
Bilateral integration skills

Planning and sequencing

Body awareness

**Crossing midline** is the ability to reach across the imaginary line running from your head to your toes. This line divides your body in left and right sides.

**Crossing midline** is necessary for handwriting, reading, dressing, participating in **the fun stuff** (playing ball, games at recess, PE) and so much more!



## WARM UP

HERE'S A FUN VIDEO TO GET YOUR BODY MOVING AND READY FOR WORK.



\*EXERCISE, RHYME, AND FREEZE  
JACK HARTMAN

**GOOD JOB!**

**KEEP MOVING!**

**NEXT SLIDE!**

## LET'S GET STARTED!

Remember to help your child with all the activities if they need it.  
Modify the activity if needed as well.

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### \* SUPINE OPPOSITES BENT KNEES

Tighten your tummy when you do this to strengthen your core.

### \* HANDS AND KNEES SHOULDER TAPS

If needed, help stabilize your child's body so they can perform the midline crossing movement.

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### \* SEATED CROSS CRAWL

Modify this, if needed, by tapping hands instead of elbows.

### \* KNEE WALK CROSSOVER

Increase challenge by standing.  
After the hand cross step, cross one foot in front of the other.

## LET'S GO OUTSIDE

### \*Bean Bag Squat Crossover Pickup

You don't need bean bags. Use balls made from socks, make bean bags with old socks and rice, find things around the house of different sizes and weights.



### No hoola hoop?

Better yet, have your child draw a circle or other shape with chalk for this activity.





Sweep the floor.

## \* Crossing Midline Summer Theme

Make sure your child crosses  
their midline.

Clean a window or a table.

Draw a belly rainbow.



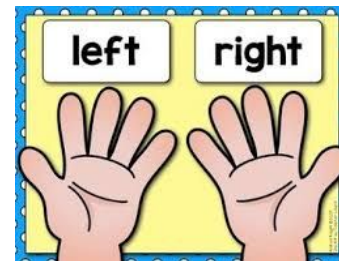
Belly Rainbows



# CLAPPING GAMES



\*PAT A CAKE



\*DOUBLE DOUBLE THIS THAT





Hooray!

You worked so hard. Now, before we finish, let's

move and groove to a couple of fun songs.



## CROSSOVER SONG

with Jack Hartman

## Jump Up, Turn Around, Cross the Midline

with Dr. Jean

