



# Core Strengthening

**Primary purpose:** to develop the torso muscles that stabilize, align, and move the trunk of the body.

**Classroom relevance:** Building strong core strength is like building a strong foundation for your child.

Good core strength and stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements.

- A good sitting posture can also help children with handwriting.
- A good sitting posture also may also help your child's visual perception, as the head (and therefore the eyes) are in a better position for copying from the blackboard, following a line of text when reading, and laying work out properly on the page.

Poor core strength can cause poor posture which can also affect gross motor and fine motor skills. Children with poor core strength will tend to slump with shoulders rolled forward while seated, they have poor endurance, and they may exhibit poor balance just to name a few things.

## Activities for Core Strengthening

- Wheelbarrow Walks
- Bouncing ( on a mini trampoline or Hippity Hop Ball)
- Exercise Ball Work
- Swivel ride on toys (with no pedals)
- Crab Walking
- Skating
- Superman Pose – lying on stomach and lifting arms and legs.

