



# CORE STRENGTHENING ACTIVITIES

## SUPERMAN

Have your children fly like the superhero and strengthen their back!

Child lays on his stomach on the floor and try to lift his arms up off of the floor so that his upper chest comes up too.

Can he/she:

- Lift their legs?
- How about arms and legs at the same time?
- Hold the position for 10 secs., 20 secs., 30secs.?
- Can he hold a ball between his hands or his feet while lifting up?
- Place a stuffed animal on the child's back and see if he can complete this exercise with enough control to keep the animal from falling.



## WALL HANDSTANDS



## PLANKING



## BRIDGES



## BOUNCING ON A HIPPITY HOP



# POPCORN

- Child lays on his back on the floor.
- Hugs knees to chest.
  - \*no feet/legs crossed
  - \*no rolling onto side
- On signal, child lifts head and tries to get their eyes as close as possible to their knees.

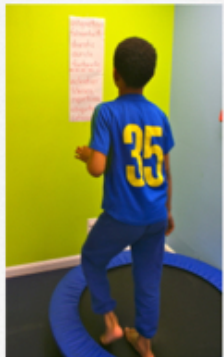
Can he/she:

- Lift their head off of the floor?
- Hold the position for 5 secs., 10 secs., 15secs., 20 secs.?



# BOUNCING/REBOUNding ( on a mini trampoline)

We often combine rebounding with learning ladders to help students learn new information or concepts.



# EXERCISE BALL WORK





# ROLLER SKATING

# CRAB WALKING



# WHEELBARROW WALKING

