

DEVELOPMENTAL BUILDING BLOCKS

Working towards FMS

Upper Body Strength



Hands and Toes Tunnel Ball

Children balance on their hands and toes to make a bridge. Together they form a tunnel and play the game tunnel ball.

Snowstorm

Children stand holding the sides of a parachute. Place Styrofoam or wool balls on the parachute. The children try to keep the snow on the parachute while moving it up and down.

Crawling Obstacle Course

Set up an obstacle course using equipment and ask the children to crawl through.



Parachute Commando

Children hold a parachute and kneel on the ground. On your call, each child commando crawls on their arms and knees to the opposite side.

Wheel Barrows

Set up a short course. One-on-one with the child in a crawling position, lift the child's legs off the ground holding onto their ankles. Move together around the course.

Cubby House Crawl

Set up a cubby house with cardboard boxes and tables. Encourage the children to crawl on their hands and knees through the cubby house.

Cat & Mouse

Mark out a rectangle zone. One child is in the middle (cat) and the rest of the children are along one long side (mice). The children are on their hands and knees. On your call, the mice crawl to the other side of the zone. If they get tagged by the cat, they become a cat.

Crab Crawling

The children sit on the ground leaning on their hands behind them. Ask them to lift their bottom off the ground and try to walk/crawl like a crab.

Bear Walks

Ask the children to embrace their inner bear and bear crawl on their hands and feet at transition times.



Emu Trap

The children hold a parachute or sheet and raise it high and then low. When you call out a child's name, they run under the parachute and get to the other side before it comes back down again.

Tummy Time

Set up a drawing/colouring station on the floor. Encourage children to draw/colour on their tummies by propping themselves up on their elbows.

Donkey Kicks

Sing the song *Old Macdonald Had a Farm*. The child act out the movement of the animals. Make sure the children have lots of room to do the movement of a donkey. They kick their legs in the air behind them while on their hands and knees.

Ball Rolling

Lie on your tummy facing the child (also on tummy) about 1-2m apart. Prop up on your elbows and roll a ball to the child and then ask them to roll it back to you. Include other floor movements in the game, e.g. both roll together to the left.

Spirograph Drawings

Set up large sheets of paper on the ground. One at a time, the children lie down on their tummy on the paper. They lift their chest off the ground and move their arms up and down on the paper while holding a pencil in each hand.

Truck Races

The children push trucks in the sandpit while on their hands and knees.

