

Core Strength

Development occurs from the trunk outwards therefore it is essential that the core muscles are strengthened to have a positive impact on fine motor development.

A child may have poor core strength if:

- They frequently slump with a rounded posture when sitting.
- They have trouble assuming/maintaining the 'Superman' position (lie on stomach, stretching arms and legs out, head raised off floor).
- They are unable to 'Wheelbarrow Walk' (when they are held at the knees/ankles they are unable to propel themselves forward without collapsing).

To support core strength development a minimum of 3 activities listed below should be undertaken at least 3 times a week:

- Tug of war
- Rowboat: put feet together, lean back onto the floor without letting go of your partners hands
- Frog: squat-hop-squat
- Crab Walk
- Wheelbarrow Walking
- Squat to stand: with arms outstretched
- Airplane: lie on stomach, arms/legs/head held up
- Rocker: lie on back, bend knees, wrap arms around legs, rock back & for
- Ball Toss: lie on stomach, pick up a ball & toss it into a box/target

www.examiner.com/topic/core-strength