Modifications:

None

Key Activity 1: TLR Prone Extension

Superman

Instructions:

- Lying flat on his stomach, have the child raise his chin off the floor, bring his extended arms overhead and close to his ears, and lift his straightened legs off the floor.
- His body should be taut, only touching the floor at his midriff. His arms and legs should be fully extended. His thighs should not be touching the floor.
- Have him hold this position for 20 seconds. Repeat 3 times.

Performance Objectives:

- Stimulate prone extension and postural muscles
- Develop core stability
- Facilitate motor control

Further Suggestions:

- Please see Chapter 2 to understand the reasons and importance of each movement mentioned here.
- Use carpet squares for comfort.
- Use an auditory stimulus, (such as a loud clap or whistle or music) to move the child quickly and automatically into position.

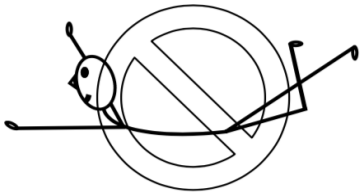
1. Starting Position



2. Superman!



There should be no rocking, rolling, or waving of arms



Pre-K adjustment:
Begin with holding the position for 10 seconds, moving forward to 20 seconds.



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