Modifications:

None

K4
Key Activity

172

K4
Intensity Level

Level of Difficulty

Rocking Horse

Key Activity 4: ATNR

Rocking Horse

Instructions:

- Starting in the "cube" position, with his chin close to one shoulder and his head and back level, have the child rock forward slowly then return to the neutral position, 3 times. Have him turn his head to the other shoulder and repeat.
- Be sure his shoulders move forward past his hands, creating "stress" or weight.
- Encourage him verbally and tactilely by touching his elbows to keep them straight. If necessary, assist him in holding his elbows straight.
- His toes need to remain on the floor. Straightening of his knees and hips is important.

Performance Objectives:

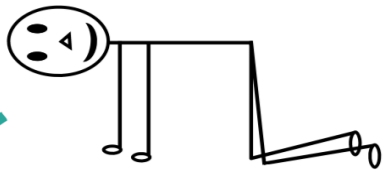
- Develop mature motor patterns
- Develop core stability and upper extremity strength
- Facilitate motor control

Further Suggestions:

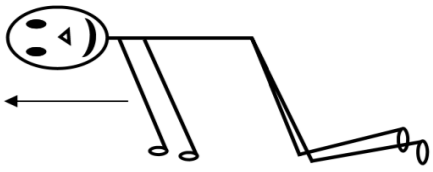
- Please see Chapter 2 to understand the reasons and importance of each movement mentioned here.
- Use carpet squares for comfort and to help the child position himself.

Pre-K Approved

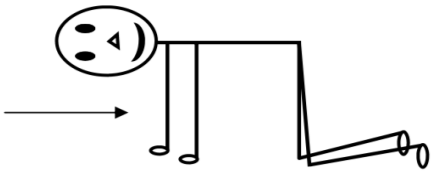
1. Starting "Cube" Position



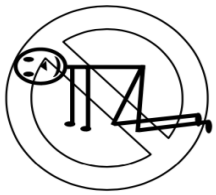
2. Rock Forward



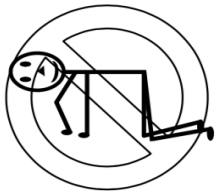
3. Return to "Cube" Position



Do not spread legs



Do not bend elbows



Do not sit on ankles



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