Modifications:

- use Activity A only for weight-bearing
- include kneeling activities
- key activities 3 and 4 can also be used

Locomotor Activity 1

Dog Walk (Or Creep)

Instructions:

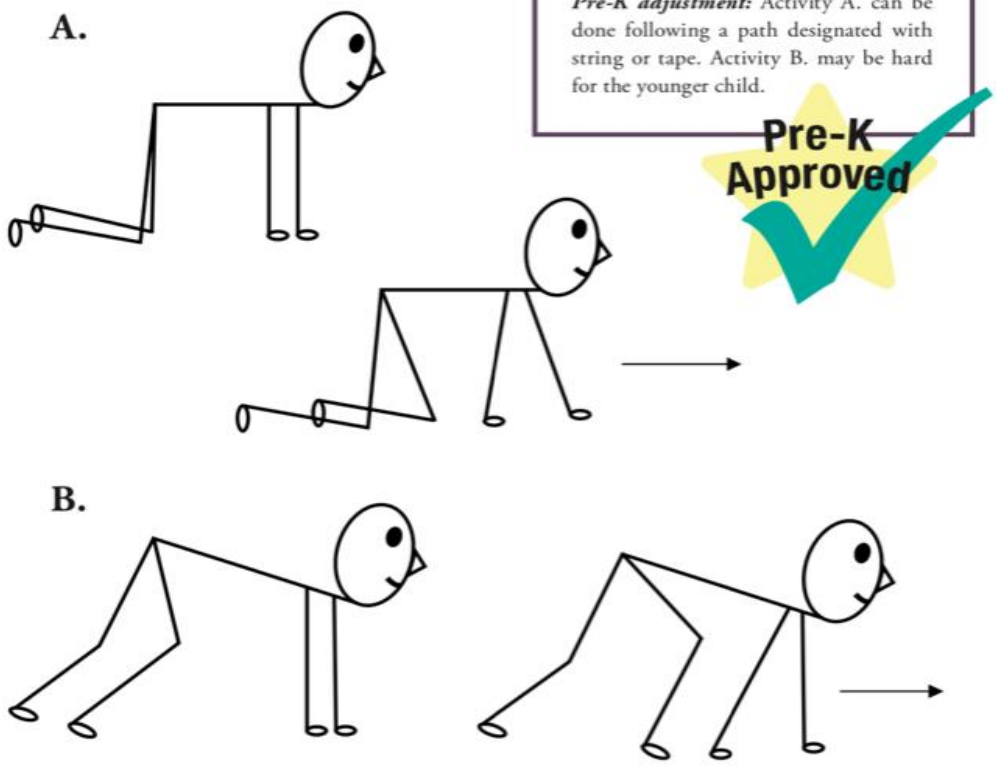
- Have the child assume a dog-like position on his hands and knees (A.) or on his hands and feet (B.). Have him place his hands shoulder-width apart, flat on the ground, with his fingers facing forward.
- Mark a path for him to follow, or give verbal instructions as he "walks".

Performance Objectives:

- Develop motor control
- Develop core strength, extremity strength, and proprioceptive understanding
- Bilateral integration and coordination

Further Suggestions:

- If the child's hands are flexed, or hyperextended and supported only by his fingers, or rotated so his fingers do not face forward, correct him.
- There are a great many things to do in this position, from obstacle courses to having the child put his hands on and read aloud letters and numbers on the floor as he "creeps".
- Don't forget to include creeping backwards and even sideways!



Pre-K adjustment: Activity A. can be done following a path designated with string or tape. Activity B. may be hard for the younger child.

Pre-K Approved

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