

GROSS MOTOR EXERCISES FOR CORE STRENGTH AND STABILITY

Therapy Band

1. Hold in both fists, extend arms out in front of chest (either straight or elbows bent in by side), and pull band to stretch hands apart.
2. With band held in both hands, rotate so that left hand is above the right hand. Stretch the band apart in a vertical plane. Perform on left, then switch hands to place right on top.
3. Hold in both hands. Turn torso to one side. Keep one hand stationary and use the other to open the band towards the front (like opening gate).
4. Sit with knees bent and band wrapped around feet/ankles. Lean back to rest hands on floor behind and lift feet off of floor. Open and close legs.



*Perform 10 repetitions for each exercise. The key to these exercises is slow and controlled movements. Gentle reminders to slow down may be needed.

Exercise Ball

1. Have child sit on ball. Kneel in front of them and hold their hips on either side. Roll them forwards and backwards on the ball, and side to side. They will need to utilize core muscles to keep themselves upright.
2. Hold ball steady. Have child lie on stomach on top of ball. Ask them to lift their hands off the floor to maintain 'superman' pose. Instruct them to lift their head/chest up without using their hands. May require adult to hold their feet while they do this if they are not stable enough on their own. Can progress to lifting feet off the floor as well.
3. Roll over the ball on stomach. Walk forward with hands to reach for toy/object in front of them.



4. Kneel in front of exercise ball. Join hands together and press forearms against ball. Keeping knees in the same place, roll the ball forward and backwards, or in circles with arms.



5. Roll over ball on stomach. Walk hands forward on the ground until just feet are still touching the ball. Hold this straight arm plank for 30 seconds.



Other

1. Wheelbarrow walking - Lift their ankles off the ground, practice walking on hands around the room.



2. Russian twist - Sit on ground with knees bent. Lean back and lift feet off the ground. Twist hands to one side and then the other across body. Can hold a ball or toy in hands to make this more challenging.

1.

Sit down with your knees bent and feet flat on the floor. Lean your upper body back.



3. Practice holding a plank (either straight-armed or on elbows) for 30 seconds. Can challenge them to balance toy on their back to make it more fun/engaging.

2.

Clasp hands together and twist torso from side to side, reaching for the floor on each side.



4. Superman - Lie on stomach. Bring arms up in front and legs up behind body and hold.



5. Bridging - Lie on back with knees bent. Push up with legs to hold body off the ground.



****Chose 4-5 activities from this list to perform 3-4 times a week.***