



## POSTURAL CONTROL



### DESCRIPTION

Ability to maintain the body in a controlled position against gravity.

### HELPFUL STRATEGIES

- ☺ Ensure the child's desk and chair are at the correct height. Your child's feet should be flat on the floor, his knees and hips at 90° angle with his back straight and shoulders relaxed when forearms are resting on the desktop.
- ☺ Change body positions during an activity, including kneeling at a low desk, and propping upper body up on elbows when lying on stomach.
- ☺ Allow your child to determine the pace of a physically demanding activity.

### ACTIVITIES

- ☺ **Siamese Twins** - Two children stand back to back with a ball between them. They must walk around and perform different tasks eg. bend down and pick something up, without letting the ball fall to the ground.
- ☺ **Push Me Over** - Two children kneel opposite each other and try to push each other over
- ☺ **Knee Walking** - Child walks on knees while holding onto ankles.

☺ **Wheelbarrows** - Hold the child higher up the legs if they have poor control. Count the number of steps or measure the distance (eg door to lounge), so they try to beat that next time.

☺ **Animal Walks** - eg. elephant walk - bending at waist and hanging arms. Also crab walk, frog leaps and bunny hops.

☺ **Tug-of-War**

☺ **Walking on Stilts**

☺ **Twister**

☺ **Bicycle** - Lie down on back and raise legs above head making bicycle movements with legs.

☺ **Trampoline Jumping**

☺ **Statues** - Players start on starting line with one person as "IT" standing out front. Players creep up behind "IT", but must stand still like statues when "IT" quickly looks around. Any player that "IT" sees moving must go back to the starting line. First player to touch "IT" then becomes the new "IT" and the game begins again.

☺ **Freeze** - Players move around to music (eg. hopping, skipping, jumping, walking on tiptoes, giant step etc). When music stops players must freeze in whatever position they are in. If a player overbalances, it is his/her turn to assist adult with the music and spot next player to overbalance.

☺ **Hopscotch**

☺ **Swings** - Self propelling.