



Activities to develop Trunk and Postural Control



Strengthening flexion

Passing a ball with feet

The child is to lie on his back with hands placed at his side. Place a medium-sized ball between his feet (beanbags, a pair of socks or other items can be used for variety). He then has to raise his legs and feet over his head to pass the ball into a basket/bucket positioned behind his head.

No hands to help

The child is to sit on the floor and cross his arms over his chest. Instruct him to sit, stand, lie on his back, lie on his tummy etc. and to change positions without using his hand to help. Hand must stay 'glued' to the chest at all times!

Riding bicycles in the air

The child lies on his back on the floor with arms placed at his sides and both legs raised in the air. He then has to 'ride' an imaginary bicycle in the air by moving the 'pedals' with alternate, circular movements of his legs. This activity can also be done in pairs with 2 children lying opposite each other and placing their feet together.

Mosquito squashes

The child lies on his back and places a soccer ball on his stomach. He needs to raise his head and bend his knees towards the ball in a flexed position to try and squash the 'mosquito'. He may hold onto his knees for additional support if necessary.

Bottom walks

The child sits on the floor with his legs extended forwards. Using arms for balance by raising them out to the sides, he raises one side of his bottom and then the next in order to 'walk' forwards and backwards.

Feet pushes

This activity can be done in pairs. The children are to sit opposite each other on the floor with their hands placed behind their backs/bottoms. They bend their knees and raise their feet to touch, then push their feet together, trying to keep them in the middle.

Strengthening extension

Aeroplanes

The child lies on his stomach with legs straight and arms bent at 90 degrees. Then he raises his head, shoulders, arms and legs off the ground, like an aeroplane, and tries to maintain this position for as long as possible.

Doggy lifts

The child is to kneel on his hands and knees while the following instructions are given:

- Lift right leg and left arm up in the air
- Lift right arm and left leg up in the air
- Lift right arm and right leg up in the air
- Lift left arm and left leg up in the air

Crabwalking

The child is to assume the 'crab' position i.e. seated, knees bent with feet on the ground, hands on the floor behind them. Then raise his bottom off the floor so that his tummy is flat, and the child is instructed to walk in a variety of directions i.e. forwards, backwards, sideways to the left and right and in circles. A beanbag can be placed on the child's tummy to encourage postural control.

Wheelbarrow walking

The child places his hands on the ground whilst someone holds his legs up. Slowly walk forwards like a 'wheelbarrow', keeping hands flat on the ground with fingers pointing forwards. Make sure that the child is being supported well above the knees, and that his back is not too arched.

Knee football

This activity is done in pairs. Assume an upright kneeling position with children/partners opposite each other. Kick the ball to each other using knees only without falling over. Remember to do this activity on a soft surface such as grass or a carpeted area.