



Physical Literacy

0-2 years old

Grasping
Rolling over
Sitting
Crawling
Cruising
Walking

2-4 years old

Running
Throwing
Catching
Kicking

4-6 years old

Running
Throwing & catching
Falling & tumbling
Hopping & jumping
Skipping
Cycling

Heavy Work: proprioceptive sense

Climb a tree
Push someone on a swing
Play on a teeter totter or seesaw
Build a fort
Obstacle course
Animal walks: crab walk, lizard crawl (uses hands only)
Pillow fight
Pull a wagon or sled filled with objects or with a person riding in it
Play catch with bean bags, Carry bean bags
Play catch with a large ball
Climb up a slide
Monkey bars. Climb at the playground (ladders, rock walls, etc.)
Hang and/or swing on a bar at the park
Crawl backwards using hands, bear crawl
Climb a chair or couch
Carry a pile of books
Push a punching bag
Play statue (adult stands as straight as possible and child tries to push adult)
Carry a bucket of water or sand
Play tug of war - use a rope, blanket, scarf
Wheelbarrow walking
Resistance cycling (adult and child face each other, put feet together, and pedal)
Push a door (adult puts resistance on a door while child tries to push the door closed)
Hand pushing game (adult and child place hands together and push back and forth)
Dig in the dirt, garden, or sandbox
Do pushups
Ride a scooter board on your tummy and use hands to move¹

"tasks that involve heavy resistance for the muscles and joints. It involves proprioceptive input, the awareness of posture, movement, and resistance relating to the body."²

¹ <http://www.andnextcomesl.com/2015/06/heavy-work-activities-for-kids.html?m=1>

² http://sydney.edu.au/wpo/documents/Heavy_Work_Factsheet.pdf

Movement Powers Learning: Unleashing Successful Kids

Vestibular stimulation

Swinging provides the most intensive VS input

Riding a bike

Swinging in a hammock

Rocking in a rocking chair

Lying on the couch head down and looking at the ceiling

Rhythmic bouncing or rolling on a large therapy ball

Riding in a wagon

Riding in a sled

Pulling a child in a blanket

Jumping on a trampoline

Log rolling

Sit and spin/spinning in office chair

Scooter boards

Dancing, marching twirling

Jumping rope

Sliding, climbing on playground equipment

Shake and stretch body

Passing ball over head and under legs

Somersaults

Cartwheels

Obstacle course: under, over, through, soft and hard surface, balance 3

“This sense allows us to maintain our balance and to experience gravitational security: confidence that we can maintain a position without falling. A child with a well-developed vestibular sense feels confident and safe during movement activities, even if his feet are off the ground. He is able to start and stop movement activities calmly and with control. He is comfortable with climbing, swinging, somersaulting, and jumping – knowing that his body will adapt and that he will be able to maintain his balance and keep himself from falling or getting hurt.”⁴

Grip Strength:

Climbing

Pulling ropes

Crawling

Wheelbarrowing

Swinging

Monkey bars

Dig in the dirt

Core Strength

Crawling, bear crawling

Pushups, plank

Balancing

Yoga poses

Marching hitting knees

with hands

Swinging

Pushing or pulling heavy
objects

Climbing

Upper Body Strength

Crawling

pushup/plank

Climbing/monkey bars

Swinging

Wheelbarrowing

Pushing/pulling heavy
objects

³ <http://www.pillerchilddevelopment.com/vestibularInput.php>

⁴ <https://theinspiredtreehouse.com/vestibular/>