### Physical Literacy

<table>
<thead>
<tr>
<th>0-2 years old</th>
<th>2-4 years old</th>
<th>4-6 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grasping</td>
<td>Running</td>
<td>Running</td>
</tr>
<tr>
<td>Rolling over</td>
<td>Throwing</td>
<td>Throwing &amp; catching</td>
</tr>
<tr>
<td>Sitting</td>
<td>Catching</td>
<td>Falling &amp; tumbling</td>
</tr>
<tr>
<td>Crawling</td>
<td>Kicking</td>
<td>Hopping &amp; jumping</td>
</tr>
<tr>
<td>Cruising</td>
<td></td>
<td>Skipping</td>
</tr>
<tr>
<td>Walking</td>
<td></td>
<td>Cycling</td>
</tr>
</tbody>
</table>

### 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 move

"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."  

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1. [http://www.andnextcomesl.com/2015/06/heavy-work-activities-for-kids.html?m=1](http://www.andnextcomesl.com/2015/06/heavy-work-activities-for-kids.html?m=1)

Preston Blackburn  www.pophopandrock.com
**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

“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. “

<table>
<thead>
<tr>
<th>Grip Strength:</th>
<th>Core Strength</th>
<th>Upper Body Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climbing</td>
<td>Crawling, bear crawling</td>
<td>Crawling</td>
</tr>
<tr>
<td>Pulling ropes</td>
<td>Pushups, plank</td>
<td>pushup/plank</td>
</tr>
<tr>
<td>Crawling</td>
<td>Balancing</td>
<td>Climbing/monkey bars</td>
</tr>
<tr>
<td>Wheelbarrowing</td>
<td>Yoga poses</td>
<td>Swinging</td>
</tr>
<tr>
<td>Swinging</td>
<td>Marching hitting knees</td>
<td>Wheelbarrowing</td>
</tr>
<tr>
<td>Monkey bars</td>
<td>with hands</td>
<td>Pushing/pulling heavy objects</td>
</tr>
<tr>
<td>Dig in the dirt</td>
<td>Swinging</td>
<td>Climbing</td>
</tr>
</tbody>
</table>

4 [https://theinspiredtreehouse.com/vestibular/](https://theinspiredtreehouse.com/vestibular/)