

Physical Development Choice Board #1

Choose one activity every day. Do each activity at least once.

Crossing the Midline	Balance	Posture/Core	Jumping	Energizers
<p>Have your child sit on the floor with legs straight in front. Place a bowl of pom poms on their right side (about mid-thigh) and an empty bowl on the left. Have your child move the pom poms one at a time to the empty bowl with their right hand. Then with their left hand to the empty bowl on the right.</p> 	<p>Place several couch cushions or pillows on the floor, some close together others several inches apart. Have your child walk on the pillows from end to end.</p> 	<p>Place a puzzle on the couch or a low table. Have your child kneel on the floor while putting together the puzzle.</p> 	<p>Put several sticky notes on a wall. Have your child jump to try to reach each one.</p> 	<p>Dance and Freeze with Jack Hartman</p> <p>Dance & Freeze Dance Song for Kids Jack Hartmann - YouTube</p> <p>(click for the song video)</p> 

What is crossing the body's mid-line?

The body's mid-line is an imaginary line down the center of the body that divides the body into left and right. Crossing the body's mid-line is the ability to reach across the middle of the body with the arms and legs. This allows children to cross over their body to perform a task on the opposite side of their body (e.g. being able to draw a horizontal line across a page without having to switch hands in the middle, sitting cross-legged on the floor or being able to insert puzzle pieces using the dominant right hand when the puzzle is placed on the left hand side of the body).



Balance is the ability to hold your body upright and steady without falling down! This could be in sitting or standing, moving or standing still, with eyes open or closed. Balance is a significant component of child development. Children must learn to balance before they can progress to higher level gross motor skills like stair negotiation, hopping, galloping or skipping.



Having good posture is important to a child's development, and mental and physical health. Slouching places pressure on internal organs and can lead to digestive issues. Good posture also reduces tension in the shoulders and neck.

