

Name:

Date Assigned:

FUNDAMENTAL MOTOR SKILL: BALANCE

ACTIVITY: *Bear Crawl*⁵

Description: Child walks on their hands and feet, like a bear.

Number of participants



<https://www.youtube.com/watch?v=JRM1kpuB6FI>

Skills

Physical: balance on all fours, upper and lower limb coordination

Cognitive: sustained attention, selective attention

Social: awareness of personal space if doing with more than one child

Equipment

- None

Goal examples:

- I will crawl on all fours for 30 seconds 3 times in a row.
- I can crawl on my hands and knees.

My personal goal:

Next Check-in Date:

⁵ MoveAbout Therapy Services: <https://www.youtube.com/watch?v=AVPApzTiBzE>

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Modifications

To make the activity easier	To make the activity harder
Change the task	
<ul style="list-style-type: none">• Decrease distance to crawl on all fours to decrease physical demand• Have child assume and hold the bear crawl position without moving forwards to decrease physical demand	<ul style="list-style-type: none">• Increase distance to crawl on all fours to increase physical demand• Have the child do the bear crawl backwards to increase physical and cognitive demand

⁵ MoveAbout Therapy Services: <https://www.youtube.com/watch?v=AVPApzTiBzE>