

LEARNING CONNECTIONS

Creeping! Crawling! Spinning! Flipping!

Movement is the most essential component of early development. Learning connection activities are an essential part of the Prep day. The specific repetitive activities that are built into students' daily routine assist the brain to increase learning pathways. Students participate in a core set of activities frequently every day. These activities promote:

- Integration between the two sides of the brain through the use of the two sides of the body
- Gross motor coordination
- Balance
- Visual skills
- Fine tunes near point visual skills, and in particular convergence skills
- Development of visual perception
- Hand development and eye-hand coordination
- Development of fine motor skills, rhythm and timing
- The righting of postural reflexes
- Hand development
- Tactile stimulation through hundreds of touch and position messages to our brain

Some of these activities include:

BRAIN BOOSTERS



Children 'flip' and 'flop' smoothly from one side to the other. This movement is done slowly and students are taught to keep their arms and legs in contact with the floor as they move.

ANIMAL MOVEMENTS



Animal movements on tummy (e.g. snake or crocodile) are introduced to get children ready for the commando crawl.

CREEPING



Children kneel on the floor with arms directly under their shoulders. The knees are a similar distance apart and directly behind the arms. Children lift their right hand and their left knee. They are raised together and should contact the floor simultaneously. The knee is lifted but the foot and toes should be relaxed and in contact with the floor at all times.

ROCKING



Children sit on the floor, crossing legs at ankles, bend knees up and grasp knees with hands, then rocks slowly backwards and forwards, trying to keep balance.

STANDING & SPINNING

Children spin in both directions. This movement must be slow and controlled slowly turning in a full circle. When able, children can be encouraged to close eyes and stand still. Children should always turn in both directions. If children are not experiencing dizziness increase the number of rotations. As balance improves vary the speed of rotations.

HEAD TURNING

Children sit on a chair or floor with their eyes closed. They are prompted to turn their head slowly from side to side. When this is achieved children extend one arm out to the side of the body at shoulder height. The eyes can then focus on the extended hand. Children are prompted to reverse.

MORNING OBSTACLE COURSE

