As they apply their skills

Body Management

Arch Shape

The 'Arch Shape' is a Foundation Shape that is important for developing upper body and arm strength, flexibility as well as core stability.



1. Lie on tummy
2. Lift legs and feet off the floor
3. Lift shoulders off floor and arms above head
4. Squeeze back and bottom muscles to maintain arch
5. Keep head in line with arms
6. Show good body tension
7. Hold balance for 5 - 8 seconds

Opportunity to develop:

Coordination – Balance – Motor Skills – Accuracy

If you see...

Observation	Likely cause	Solution
Child finds it difficult to balance	Insufficient core stability	Develop core stability
Child finds it difficult to lift shoulders off floor	Insufficient core stability	Practise 'Seals'

Safety!

Ensure...

the area is free from objects

the surface is not slippery

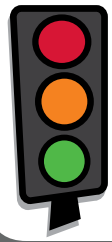
As they apply their skills

Body Management

Arch Shape

Can you see...?

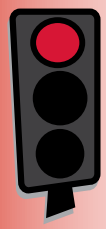
- the child lie on their tummy? ☐
- the child lift legs and feet off the floor? ☐
- the child lift shoulders off the floor and arms above head? ☐
- the child keep head in line with arms? ☐
- the child showing good body tension? ☐
- the child holding balance for 5 – 8 seconds? ☐



mostly x's

✓ and x

mostly ✓'s



- Practise 'Sky Diver', 'Crab', 'Back Support'



- Practise 'Spinning' and 'Flipping Sky Divers'



- 'Dish Shape' – 'Arch Shape' – 'Dish Roll'
- 'Arch Shape' – 'Dish Shape' – 'Arch Roll'
- With eyes closed



- Hold 'Arch Shape', pick up and transfer cones from one place to another. Use half a clock circle, eyes closed
- Reach right hand to left foot, then left hand to right foot maintaining good body tension
- Pick up a bean bag and place it on back, take off with same hand or other hand, repeat using other hand
- As above but using a ball, try to keep ball from rolling off back, eyes closed
- Resist gentle force applied by a partner and maintain balance, eyes closed

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