As they apply their skills
Body Management

# Back Support

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



1. Sit on floor in 'Pike' position
2. Hands flat by sides and slightly behind
3. Push hips to ceiling
4. Keep body in straight line, 'Trap the Mouse'
5. Wrists below shoulders
6. Show good body tension
7. Hold position for 5 – 10 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, play cups and saucers |
| Child finds it difficult to maintain straight back | Insufficient core stability | Practise 'Trap the Mouse' |

## Safety!

Ensure...

the area is free from objects

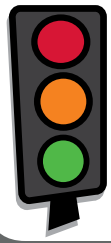
the surface is not slippery

# As they apply their skills
# Body Management

## Back Support

### Can you see...?

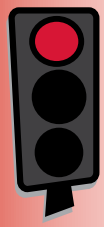
- the child keeping hands flat? ☐
- the child push hips to ceiling? ☐
- the child keeping shoulders directly above hands? ☐
- the child keep body in a straight line? ☐
- the child showing good body tension? ☐
- the child holding balance for 5 – 10 seconds? ☐



mostly x's

✓ and x

mostly ✓'s



- Practise 'Crab', 'Trap the Mouse'



- Practise 'Drawbridges', 'Spinning Crabs'
- Play Crabs and Scorpions



- Lift one leg off the floor
- Perform 'Back Support' with 'Arch shape'
- Move from 'Back Support' to 'Front Support' keeping legs and back straight showing good body tension throughout




- Hold 'Back Support', pick up and transfer cones from one place to another, including across body, etc. Use half a clock circle, eyes closed
- Touch right hand to left foot, then left hand to right foot maintaining good body tension
- Pick up a bean bag and place it on chest, 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 chest, eyes closed
- Resist gentle force applied by a partner and maintain balance, eyes closed
- Lift one arm off the floor

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