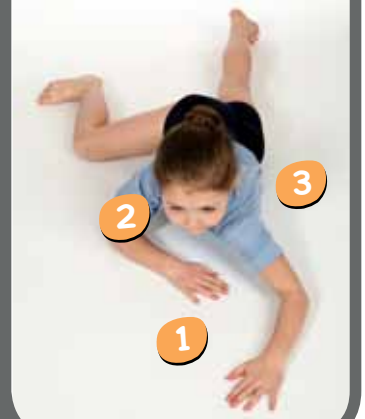
As they develop Locomotor

Crawling Soldiers

'Crawling Soldiers' is a Body Schooling Activity that involves crawling on the tummy with arms and legs working in opposition: the arms should be pulling and the legs pushing.

1. Lie on tummy
2. Crawl on tummy by pulling on arms and pushing on legs, with arms and legs working in opposition to one another
3. Keep 'Angry Cat' shoulders
4. May need to rock to get the action started
5. Move forward in a straight line





Opportunity to develop:

Coordination - Control - Spatial awareness - Upper body strength - Body awareness

Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

If you see...

Observation	Likely cause	Solution
Child off the ground	Difficulty coordinating leg and arm action	Practise standing up
Child using arm action only and dragging legs	Poor timing	Slow action down and perform one step at a time
Child does not move forward	Not gaining distance with arms and legs	Practise a low extended crawl

Safety!

Ensure...

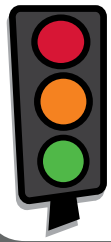
the surface is free from sharp objects

that time spent crawling is kept to a minimum to reduce friction burns

crawl on a matted surface if children find the floor uncomfortable

As they develop Locomotor

Crawling Soldiers



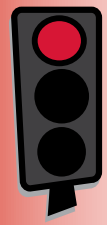
mostly x's

✓ and x

mostly ✓'s

Can you see...?

- the child's arms and legs working in opposition? ☐
- the child with 'Angry Cat' shoulders? ☐
- the child keeping along a straight narrow path? ☐
- the child 'pulling' with the arms and pushing with the legs? ☐
- the child keeping low to the ground? ☐



- Practise action standing up – 'Climb the Rigging'
- Lie on tummy and use legs only
- Practise 'Angry Cat'
- Practitioner helps by gently pushing legs



- Crawl along a path
- Crawl through objects such as tunnels, hoops, boxes, trestle tables
- Increase the distance, vary the course
- Crawl at different speeds
- Crawl around the room balancing a bean bag on back



- Crawl along planks and benches
- Crawl in different directions
- Crawl under low bridge or net
- Crawl under partner performing an 'Angry Cat' – 'Ships and Bridges' and 'Trains and Tunnels'



- Crawling Soldier under a parachute
- Crawling Soldier with eyes shut
- Crawling Soldier in different directions and at different speeds, then in response to a range of cues

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