As they apply their skills
Body Management

Dish Shape

The 'Dish Shape' is important to developing core stability.



1. Lie on back
2. 'Trap the Mouse'
3. Stretch legs and feet off the floor
4. Lift shoulders and arms off the floor
5. Hold balance for 3 - 5 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	Use hand/arm to help balance, adopt saucer position
Child finds it difficult to lift shoulders and arms off the floor	Insufficient core stability	Needs to develop core stability, play cups and saucers

Safety!

Ensure...

the area is free from objects

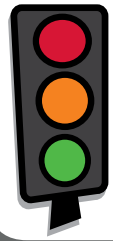
the surface is not slippery

As they apply their skills
Body Management

Dish Shape

Can you see...?

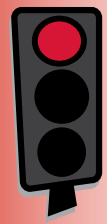
- the child showing 'Trap the Mouse'? ☐
- the child stretch legs and feet off the floor? ☐
- the child lift shoulders and arms off the floor? ☐
- the child holding balance for 3 – 5 seconds? ☐



mostly x's

✓ and x

mostly ✓'s



- Practise cup and saucer shapes
- Practise 'Trap the Mouse'
- Work with a partner to hold balance



- Hold 'Dish Shape' and lift one leg and or one arm
- Play cups and saucers or tucks and saucers



- Hold 'Dish Shape' with eyes closed
- Hold 'Dish Shape' on a wobble spot



- Hold 'Dish Shape', pick up and transfer cones from one place to another, including behind, across body, etc. Use clock circle, on a wobble spot, eyes closed
- Resist gentle force applied by a partner and maintain balance, on a wobble spot, eyes closed
- Play Dish and V sits game, on a wobble spot, eyes closed

© Copyright (Sports Council for Wales) 2012. All rights reserved.

sportwales chwaraeoncymru
Noddir gan Lywodraeth Cymru Sponsored by Welsh Government
LOTTERY FUNDED ARIENNIR GAN Y LOTERI
chwarae • dysgu • tyfu
Her Iechyd Cymru Health Challenge Wales