As they develop

Locomotor

Foxes

'Foxes' is a travelling action on hands and feet, with hands and feet working in opposition. The bottom is kept low with an 'Angry Cat' back.

1. Hands flat on the floor/surface
2. Support bodyweight on hands and feet with 'Angry Cat' position (see 'Angry Cat' card)
3. Keep the bottom fairly low and legs bent
4. Run on your hands and feet



Opportunity to develop:

Coordination - Control - Spatial awareness - Strength (wrists & shoulders) - Body awareness

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

If you see...

Observation	Likely cause	Solution
Bumps into objects	Head is tucked in	Keep head up
Sways or falls over	Limited balance and coordination	Adopt shoulder-width base. Reinforce opposite arm/leg movement
Falls forward	Not moving hands quickly enough	Encourage legs and arms to work together at speed

Safety!

Ensure...

the surface is free from sharp objects

children keep heads up

build activity up gradually to assist development of wrist strength

As they develop Locomotor

Foxes

mostly x's

✓ and x

mostly ✓'s

Can you see...?

- the child showing 'Angry Cat' shoulders? ☐
- the child keeping head up? ☐
- the child's arms and legs moving in the same direction? ☐
- the child keeping along a straight narrow path? ☐
- the child's bottom low and feet tucked under? ☐

- Practise crawling on hands and knees
- Start in 'Angry Cat' and tuck feet under and lift bottom up and take a couple of steps
- Crouch down and use legs only and stay close to the floor

- Fox along a path
- Fox on apparatus
- Fox as quickly as possible
- Fox over other children laid on the floor

- Fox backwards and sideways
- Fox rotating through 360° to perform a complete turn
- Fox up and down an inclined bench



- Fox in different directions and at different speeds, then in response to a range of cues
- Fox a in Square, Figure of 8 and W and M pathways as quickly as possible, keep facing forwards
- Fox using 'Fast Feet' patterns

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