

# As they progress Body Management

# Pulling an Object

Pulling requires good balance, grip, good upper body strength and a strong, firm base. An object is usually pulled to move the object from one place to another.

1 Have a good firm grip

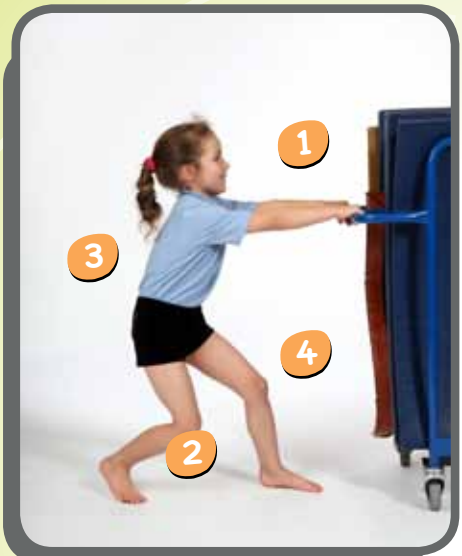
2 Stand sideways-on with feet just over a shoulder-width apart

3 Take the strain and lean away from the object

4 Use front leg and arm to pull the object

5 The front leg is slightly bent

6 Keep a stable balanced body position




**Opportunity to develop:**  
 Coordination - Physical control - Manipulative & motor skills - Balance - Strength  
 Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' skills sections

If you see...	Likely cause	Solution
Little power when pulling an object	The child simply leans away from object and bottom arm straightens too much	Practise gripping wall bars and pulling away
Falls over or loses balance	The child's feet placed too close together	Place markings on floor to encourage wide stance
No movement of the object being pulled	The child's feet are placed too wide apart and hands too straight	Explore with child how to pull objects the best

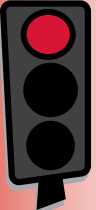
**Safety!**  
 Ensure...  
 skin is protected from surfaces when being pulled along the floor so as not to develop friction burns  
 avoid excessive or sudden pulling  
 children work with partners of same and similar strength  
 children attempt to pull appropriate loads

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## Pulling an Object




mostly x's  
✓ and x  
mostly ✓'s




- Sit opposite a partner and grasp their wrists. Sing 'Row row row the boat' and gently pull one another to and fro
- Pull toys and trucks, etc. along different surfaces



- Child sits on the floor Partner grasps their wrists and attempts to pull them to their feet
- Attach ropes to a box. Fill the box with objects. Ask the children to pull the box towards them
- Make the rope longer to increase difficulty or add more weight



- Stand side-on to a partner and grasp their wrist. Ask them to lean away slowly from their partner
- Stand face-on to a partner and grasp each other's wrist, lean away from your partner. Practitioner to stand alongside
- In pairs, one child sits on a slippery surface in a tight ball shape. Other child grasps their wrists and tries to gently pull them along the floor for a short distance. Pairs must work responsibly and safely



- Hold a hoop between two. One try to gently pull partner applying force through the hoop/stick/ fit ball etc., other try to resist force and maintain good body position. 'Puller' trying to make the resister lose their balance.
- Resister hold different positions, for example standing on one leg, angry cat, etc
- As above but 'resister' standing on a line, low beam, wobble spot or sitting, lying on a fit ball
- As above with eyes closed
- Apply gentle pulling force to Locomotor, Body Management or Manipulative skills

Can you see...?

- the child showing a wide balanced stance with feet
- the child able to maintain their balance
- the child using an underhand grip when pulling an object
- the child's front arm slightly bent
- the child's front leg slightly bent
- the child demonstrating an effective pulling action