As they apply their skills
Body Management

Trap the Mouse

'Trap the Mouse' is the position required to develop core stability.





1. Lie on back
2. Stretch arms above head
3. Keep arms and legs touching the floor
4. Squeeze tummy down
5. Make 'Angry Cat' shoulders
6. Tilt pelvis backwards
7. Squeeze back and bottom muscles
8. Show good body tension
9. Hold balance for 5 - 8 seconds

Opportunity to develop:

Coordination – Balance –
Motor Skills – Accuracy

If you see...

Observation	Likely cause	Solution
Child finds it difficult to achieve position	Insufficient body awareness	Try sitting up and creating push back Stand up and ask child to manipulate hips

Safety!

Ensure...

the area is free from objects

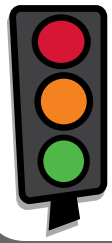
the surface is not slippery

As they apply their skills
Body Management

Trap the Mouse

Can you see...?

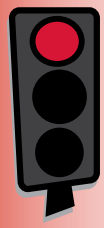
- the child lie on their back? ☐
- the child make a mouse hole before squeeze down? ☐
- the child squeeze tummy down? ☐
- the child make 'Angry Cat' shoulders? ☐
- the child tilt their pelvis backwards? ☐
- the child squeeze back and bottom muscles? ☐
- the child showing good body tension? ☐
- the child holding balance for 5 – 8 seconds? ☐



mostly x's

✓ and x

mostly ✓'s



- Practise 'Angry Cat', Straight Shape
- Lift head to feel back on the floor
- Try with legs bent up



- Practise 'Log Roll'
- Try with legs straight and arms by side
- 'Trap the Mouse' to 'Straight Shape' to 'Dish Shape' to 'Straight Shape' to 'Trap the Mouse'



- 'Trap the Mouse' with eyes closed
- Practise 'Drawbridge' with partner



- Resist gentle force applied by a partner and maintain balance, eyes closed
- Try to achieve 'Trap the Mouse' standing up with eyes closed

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