

Activity 16: Push and Pull Tug**BM16****Tools:** Towels, ropes, scarves**Action:** Child and helper stand, sit, or kneel opposite each other holding onto a towel at either end and play tug, or one child pulls on a towel or rope that is attached at one end to something stable.**Mathematics:** Count the number of repetitions or 'wins' achieved each day (it may be fun to keep score).

Shoulder stability, wrist stability and extension, maintaining position

Activity 17: Push-Ups**BM17****Tools:** None**Action:** In order to protect growing joints, push-ups with knees on the ground are recommended for this age group.

Play 'traffic lights' by having children 'stop' and hold their position at various stages in the push-up, and then 'go' when told to do so.

**Mathematics:** Count how long children are able to hold the push-up position and the number of repetitions done each day (it may be fun to maintain statistics and chart progress).

Level shoulders; wrist stability; smooth, controlled movement

Activity 18: Row Your Boat**BM18****Tools:** None**Action:** With partners, children sit with legs stretched out in front touching their partner's feet and holding hands. Pairs pull and push each other as if rowing a boat. Sing *Row, Row, Row Your Boat*.

Have one partner pull the other up into a sitting position from a lying down position.

**Language and Memory:** Rhyming, verbal recall of song

Smooth, controlled movement

Activity 19: Swing High, Swing Low**BM19****Tools:** Suspended swing, balls, beanbags, quoits, boxes**Action:** Lying on their tummy on a bolster swing, children throw different items into a box, such as quoits and beanbags.

Specify items to be placed in different boxes, for example, red, blue, and green items, or three different sight words.

**Mathematics and Language:** Letter, number, colour, and shape identification

Shoulder stability, visual tracking, planning and organisation