

CORE STRENGTH

What is it?

Core strength is the ability of the joints and muscles of the body to create a stable base of support. It allows us to maintain an upright position against gravity. It gives children the stability they need for everyday function like running and jumping, climbing stairs, kicking a ball all whilst staying balanced and upright.

Core stability is also the key to good posture and helps children to be comfortable and stay focused when sitting on the floor or at a desk.



Core Muscles include muscles in the back, tummy and the sides of the trunk. A stable core also promotes shoulder stability.

How does poor core strength impact children?

- Impacts gross motor skills
- Poor posture
- Coordination issues
- Balance difficulties
- Frequent falls
- Poor hand-eye coordination
- Reduce attention and focus in the classroom.
- Poor sitting posture
- Impact hand skills such as handwriting, scissors, fine motor skills.

Signs of Reduced Core Strength

- Fidgeting constantly
- Slouching in their chair or slumping over their desk.
- Props head in hands or supports body weight with arms when sitting
- W sitting
- Poor handwriting
- Struggles to pay attention in class or focus on tasks
- Difficulty with balance or appears clumsy
- Poor endurance for gross and fine motor activities

ACTIVITIES TO SUPPORT CORE STRENGTH

- V Sits
- Flying pose (lay prone and lift up arms and legs)
- Yoga moves
- Wall sits
- Kneel on all fours and lift alternating arms/legs
- Lay on stomach for drawing and writing activities
- Wall push ups
- Animal Walks
- Slow Squat (move slowly from standing to squat position)
- Step ups on a bench/step
- Sitting Football (Sitting, resting on elbows lift up feet and kick ball)
- Kneeling Catch (Bottoms off backs of legs!) Jumping and hopping games (hopping and jumping along/over a line etc.)
- Kneel at a table to play a game or do crafts
- Standing and writing on vertical surfaces

