

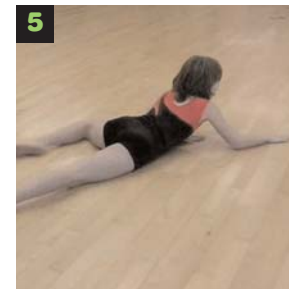
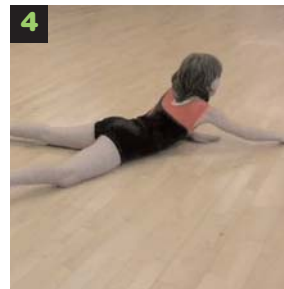
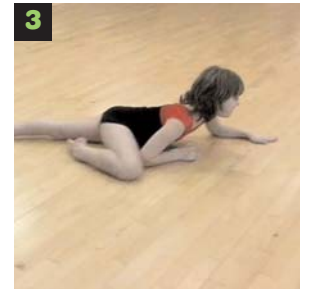
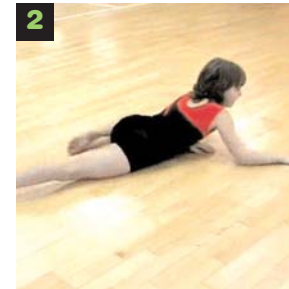
# Crawling Soldiers

- Crawling along on your tummy
- Bending and straightening arms and legs to help you move

## Questions

*Can you touch your elbow with your knee?*

*Can you move sideways or backwards?*



# Crawling Soldiers

## Further teaching points

- Encourage pupils to use opposite arm, opposite leg when crawling
- Aim for an angry cat back
- Rocking may help the action

## Adapting the activity

### Enable

- Lie down and push with legs only
- On front practise angry cat back
- Practise co-ordination of opposite legs and arms

### Challenge

- Try moving sideways
- Try moving backwards
- Try moving with arms only

## Health, fitness and safety

### Improves

- Strength of upper body and torso
- Co-ordination of limbs

## Links to future learning

- > Travelling – running and climbing

