

Crawl Under

Balance A



Cues

Starting position: hands and toes on ground

Knees: bend at 90 degrees and hold above ground

Hips: maintain flat back

Arms: extend both arms down under shoulders, hands flat on ground

Head: eyes look down toward ground

Balance B



Cues

Starting position: seated on ground

Feet: both feet on ground

Knees: bend at angle greater than 90 degrees

Hips: lift bottom slightly off ground

Arms: extend both arms straight down beside body, hands flat on ground

Head: eyes look straight ahead