



EXAMPLE PROGRAMME TO DEVELOP TRUNK CONTROL

Dancing statues



Stand opposite pupil and pretend to dance! Then ask pupil to stand still like a statue. When they are still try to push them over by applying gentle pressure from different directions. Swap roles and ask pupil to try to push you over so they can experience the strength they will need.

Reach games



Ask pupil to sit opposite you – both of you sit with legs out straight and spread apart. Ask pupil to roll ball to you. Encourage rolling of ball to be done with two hands and encourage pupil to lean forwards as they roll, and then when they release the ball to sit up straight. To get the pupil to sit up straight I would ask them to copy you – reach both arms high above your head. Then blow bubbles towards pupil – encourage pupil to lean forward and to burst bubbles by clapping with both hands. Repeat sequence again

- roll ball to staff member / peer
- sit up straight
- stretch arms high above head
- clap to burst bubbles
- roll ball etc

Pass the parcel



Ask pupil to sit on the floor in most stable position – cross legged if possible. Sit behind the pupil. From behind, pass the pupil a box (a range of different if possible- gift box, parcel wrapped up, sandwich box, Tupperware box etc). Ask pupil to reach round behind them to take the box and open it to find what item you have selected for them. When they have opened it ask the pupil to throw away the box in front of them, leaving them holding the item. Ask them to pass it from right to left hand and then pass it behind them to give to you – you in turn then pass it quickly round to the right side encouraging the pupil to reach round and take it. Repeat x 10 circuits as quickly as possible. It makes it more fun if you change box/ item. Good easy items to start with are small teddy, kosh ball, crumpled up paper, small balloon etc.

Bean bag toss



Ask pupil to sit on the floor – cross legged if possible. Adult to sit opposite facing them.
Give pupil a small amount of bean bags or small items and place them in their lap.
Ask them to lean to one side and stabilise them self by holding their arm straight against the floor. With opposite arm while maintaining this position, ask pupil to pick up each bean bag in turn and throw into a nearby bucket/bowl.
Repeat by leaning to opposite side.

Parcel surprise



Ask pupil to sit on a stool (close supervision). If required, initially sit behind pupil and support them by holding their hips.
Ask pupil to gently sway from side to side (Music is a good motivator).
When pupil can sit on stool confidently, sit in front of them and ask them to copy simple movements – touch your nose, face etc
Then encourage pupil to reach forward to take item being passed to them from the front. Simple 'pass the parcel' works well with around 6 layers, as pupil will need to unwrap the parcel while working hard on their sitting too. This can be linked to classroom focus – you can wrap up shapes, numbers etc to link to curriculum.
When able to do these activities – introduce greater movements while sitting on the stool – clapping games, reaching to the side to collect items for a task.

Upright painting



Easel activities – try to experience as many activities using an upright angle – writing, painting, washing car, walls etc – as many as possible at eye level or above.

Superman pose



Prone extension – ask pupil to lie on their tummy – arch their back and neck while pulling keeping arms and legs straight. Hold for a count of 5 – increasing to 10 etc
Gradually develop by asking pupil to also lift up arms and then legs.

Bridging



Bridging – lying on the floor with both knees flexed , ask the pupil to lift their pelvis and slowly lower it again,
Bridging – lying on the floor with both knees flexed, ask the pupil to lift their pelvis and slowly lower it again – adult to drive a car under bridge.

Kneel walking

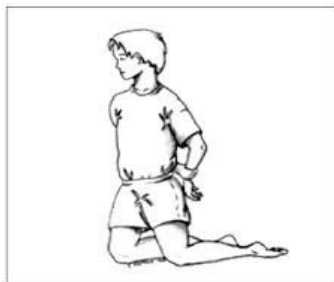


Figure 2 – Knee walking test.

Kneel walking – forwards and backwards and to the side. Ensure the child takes small steps when walking backwards.

Boxes



Box – when high kneeling or half kneeling, practice throwing and catching balls or throw a bean bag into different sized boxes.

Scissors



Scissors – Ask pupil to lie on his/her side. Bend lower leg under upper leg, and then ask the pupil to slowly lift the upper leg into the air and then slowly lower it again.