

## At Home Core Activities (2021)

Core strength is necessary for all other motor skills to be performed well and correctly. Sitting, walking, running, and writing are all dependent on core strength.

Your child should be able to hold:

**plank** for 30 seconds,



**superman** (supine flexion) for 20 seconds (make sure legs are straight and knees are off the ground)



**egg** (supine flexion) for 20 seconds. (no elbows touching ground or rolling side to side)



These positions should be held without additional body movements (wiggles and repositioning).

Superman and egg also require motor planning skills.

You can make these more fun by doing them with your child. Add a second every day working up to a goal.

There are several online core strengthening activities for children. Here are three of my favorites:

<https://www.ot-mom-learning-activities.com/core-exercises-for-kids.html>

<https://www.yourtherapysource.com/blog1/2017/06/01/everyday-core-strengthening-children/>

<https://www.sportsmomssurvivalguide.com/9-exercises-kids-improve-core-strength-conditioning/>