



REV UP YOUR MOTOR SKILLS 9-18 YEAR OLDS

PHYSIOTHERAPY DEPARTMENT
MONAGHAN/CAVAN CHILD DEVELOPMENT
TEAM



➤ **10 minute gross motor workout**



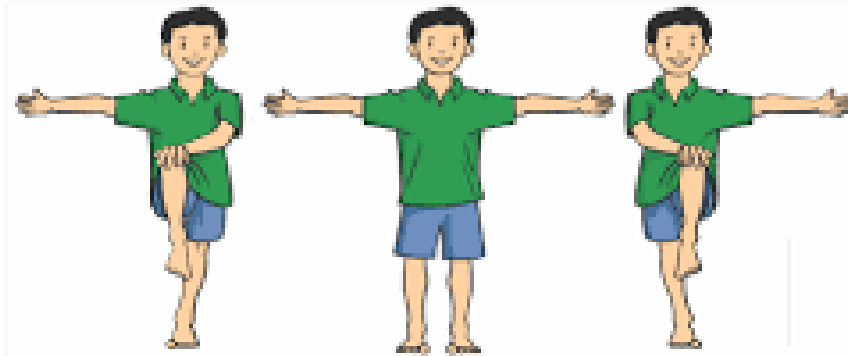
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

1. WALL SITS



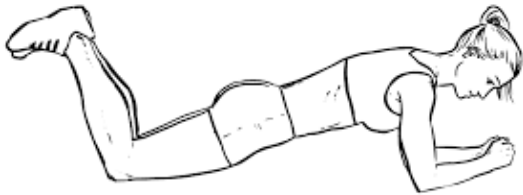
- ❖ Place your back against a wall, with your feet flat on the floor in front
- ❖ Slide your back down the wall, bending your knees, into a seated position
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times

2. CROSS CRAWLS



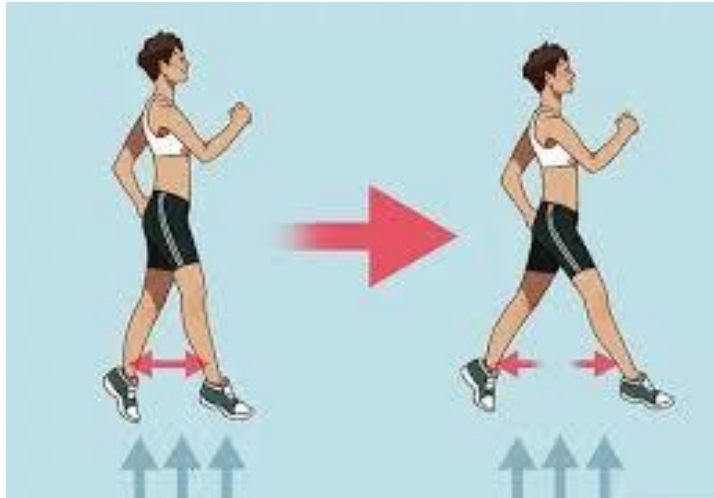
- ❖ Stand with both your arms up at shoulder height
- ❖ Touch your left hand to your right knee
- ❖ Return your left hand up to shoulder height
- ❖ Touch your right hand to your left knee
- ❖ Return your right hand up to shoulder height
- ❖ Complete this 20 times
- ❖ Repeat for 3 sets

3. PLANK



- ❖ Get on to the floor on your tummy
- ❖ Bend your elbows, so your forearms are resting on the floor with your elbows under your shoulders
- ❖ Option 1: Keep your knees on the ground, with your trunk, back and bottom in a straight line.
- ❖ Option 2 (more challenging): Put your toes on the ground, lifting your knees up, keep your trunk, back and bottom in a straight line
- ❖ Hold for 20 seconds
- ❖ Repeat 3 times

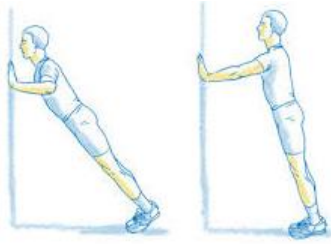
4. SCISSOR JUMPS



- ❖ Stand with your right foot stepped forward from your left, and your right arm forward
- ❖ Jump both your feet to switch so your left foot is now forward, at the same time change your hand position so your left hand is now forward
- ❖ Continue to jump alternating right side forward, then left side forward, right side forward and so on
- ❖ Complete 20 times
- ❖ Repeat for 3 sets

5. PRESS UPS

1.



2.



3.



4.



- ❖ Option 1: Wall press ups
- ❖ Option 2: Press ups against the edge of a worktop / table
- ❖ Option 3: Knee press ups
- ❖ Option 4: Full press ups
- ❖ Place the palm of your hand flat on the surface (wall / worktop / table / floor)
- ❖ Bend your elbows to allow your body to move closer to your hands
- ❖ Keep your body straight during this movement
- ❖ Complete this 10 times
- ❖ Repeat 3 sets

6. SINGLE LEG BALANCING WITH BALL



- ❖ Place one foot on a football
- ❖ Roll the football under your foot forwards, backwards and side to side
- ❖ To progress this exercise, dribble the ball forward between cones / around obstacles. Making sure to keep the ball close to your feet at all times
- ❖ Complete for 2 minutes with each foot