



MODULE 5

# BODY MANAGEMENT 2: TRUNK AND UPPER LIMB



If a child is to develop the skills to use tools such as pencils, pens, rulers, paint brushes and scissors correctly they must be able to hold their body in a good posture.

The back and stomach muscles have to be strong enough to hold the body in an upright position at a desk without tiring. The shoulder, elbow, wrist and hand muscles also need to be strong to enable a child to write and cut without cramping or experiencing pain.

If all of these muscle groups are strong, then the child is free to concentrate on accuracy and control of the task. They will be more likely to sit up and pay attention rather than feeling tired and slouching, fidgeting, wriggling or resting their head on their hands or desk.

Everyday household tasks are great opportunities for children to build up these muscles. Have your child help you peg out the washing. Wash down a window or glass door. Encourage your child to help with cooking – mixing, kneading and stirring all build finger, hand and arm strength whilst giving your child important life skills.



## MODULE 5 ACTIVITIES

### EASY

- Albatross
- Friendly Fighting Antelopes
- Armadillo
- Sponge Squeeze
- Slow Elephants
- Wombat Stew
- Cobra
- Eagle

### MEDIUM

- Crab Nippers
- Croc Hunter-Row Your Boat
- Animal Feely Cards
- Push me Pull You Race

## STUDENT HOME CHALLENGE

- Show your family or friends how to play Crab Nippers. Who has the strongest fingers?  
Name .....
- Do some research on the internet or at the library. Can you find out if we have Cobra's in Australia?  
See if your parents can be a cobra – show them how.  
Name three other snakes that live in Australia that we need to be very careful of.  
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- Help your parents to wash the car using a big sponge. Squeezing the sponge and rubbing the dirt off the car will help to make your fingers, arms and shoulders really strong.

Challenges Completed.

Parent/Guardian Signature

