



These games support your child in progressing from confident walking to running with purpose. They will help your child to develop core strength and muscle and hone spatial awareness.

# STEP ON, STEP OFF

## PURPOSE OF GAME:

Develop balance, cognitive challenge, co-ordination, muscle strength

## HOW TO PLAY:

1. Adult stands on front of the child who is standing with one leg on the scooter
2. The child has to copy exactly what the adult is doing
3. The adult stands with their weight on one leg, with the other leg out to the side, touching the floor. So the child has one leg on the scooter, the other leg on the floor.
4. The adult shouts the command, **Step on!** and puts the leg that was touching the floor directly in front of the other foot. So the child takes their leg from the floor and balances both feet on the scooter.
5. The adult shouts the command, **Step off!** and transfers weight to the new leg and moves the other leg to the side, touching the floor. So the child transfers their weight to their new leg and puts their other leg onto the floor.
6. Once the child is confident, this game can advance to doing the movement while gently scooting forward.



## PRODUCTS MOST SUITED TO THIS STAGE:



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