



Bending & Curling

Bending over with control is an essential life skill (e.g. bending over to pick up something or to tie shoelaces). A simple forward roll also requires bending and curling of the body. Similarly, many playground apparatus encourage children to bend and curl (e.g. curling around a monkey bar, crawling through tunnels).

For a young child, bending or curling to touch his knees or toes while sitting on the ground is a good start to learn the skill. This is because when seated, your child is on a wide base of support and his centre of gravity is near ground level, both prerequisites for maintaining stability. In contrast, bending over from a standing position creates a sense of instability even though young children do enjoy seeing the world 'upside down'.

Bending or curling is a flexibility skill and should be encouraged so that your child learns to stabilise his body in different positions and levels.

Variations

“Can your child bend or curl...?”

How the body moves	Force/Effort <ul style="list-style-type: none"> like a strong stone bridge into a small fishball and roll like a heavy watermelon 	Time <ul style="list-style-type: none"> and stand up slowly/quickly and roll slowly on a mat like a tortoise out of its shell according to signal 	Flow <ul style="list-style-type: none"> and swing his arms like the trunk of an elephant and walk on all fours, balancing a bean bag on his back
	Location <ul style="list-style-type: none"> into small snails near a wall inside a hoop and walk on all fours to the end of the room 	Direction/Pathways <ul style="list-style-type: none"> and roll forward and roll to the sides and inch forward like a caterpillar 	Levels/Extensions <ul style="list-style-type: none"> with his hands touching his feet while keeping his back on the ground with one foot higher than the hip
	Self (body parts)/People <ul style="list-style-type: none"> with one arm around a leg like a bridge for a friend to crawl under into a small snail for a friend to skip around/step over 	Objects <ul style="list-style-type: none"> around a low bar around a basketball with hands and feet on the curve of a hoop on the floor 	

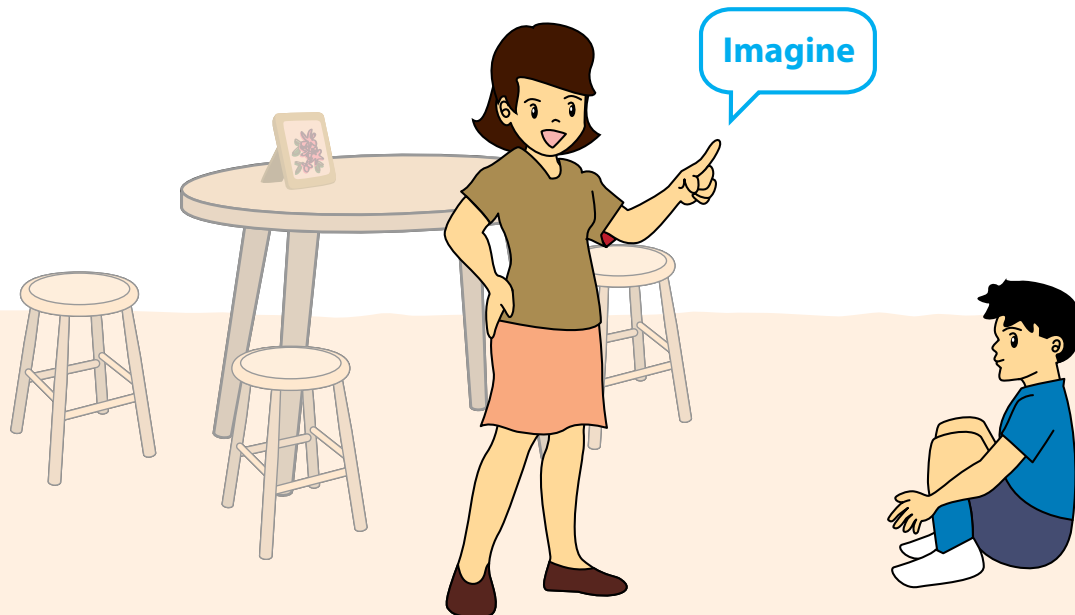
COMBINATIONS

- Like a stone bridge over two lines
- Like a small fishball. On signal, stand up and stretch like a star before bending over to touch his knees

Activity 3

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STABILITY SKILLS



HOW TO PLAY



- Get your child to role-play as astronauts going on a trip to the moon. Prompt your child with different instructions.

Parent may say:

- Astronaut, put on your spacesuit, boots, special gloves, and then helmet
- Climb into your spaceship, feet first. Then sit and buckle up
- Check and make sure your equipment are all in working order
- Prepare for take-off. Count down from 10 to 1, and blast off!
(For the blast-off, your child must curl up, then gradually jump up and land with feet together, hands lifted skywards and palms facing each other)
- You have reached the moon. Get out of your spaceship and walk lightly
(Explain to your child that everything is weightless on the moon)
- Oh, no! A space creature is coming towards you. Quickly, hide yourself!
(Your child must curl up into the smallest shape possible)
- Now, make your way home
(Your child must go on all fours, crawl slowly back into the spaceship, and blast off)