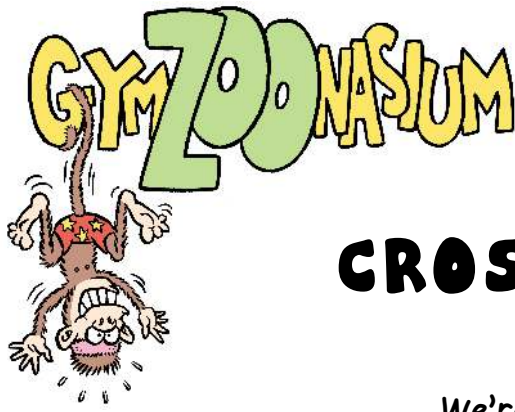




CROSS COUNTRY

*We're off on an adventure
on the cross country track,
criss crossing all terrains,
there's no turning back!*



PURPOSE

- Improves bilateral coordination
- Involves crossing the midline - an important developmental skill



INSTRUCTIONS

1. Stand with your arms straight out in front of you and your feet apart
2. Jump and land with your feet crossed
3. Jump your feet apart again
4. Keep repeating steps 2 and 3
5. Try crossing and uncrossing your arms also



WATCH FOR

- Keep switching which foot crosses in front
- Keep switching which arm crosses on top
- Standing tall, with eyes looking forward



MODIFICATIONS

- Do Cross Country just with your legs
- Seated - Do Cross Country just with your arms



MORE CHALLENGING

- Speed it up



MAKE IT MULTI-SENSORY

- Try doing Cross Country on various types of terrain - in a puddle, in the mud, on sand, on the grass and on a trampoline. Which type of terrain do you like best?

FUN AND GAMES

Colour this cross country vehicle and draw the background (where it's adventuring)!

