

Weightlifting

Weightlifting is all about upper body strength. Developing good upper body strength is important for mobility, fine motor skills, and self-help skills. Good postural stability in the trunk, shoulder, and pelvic girdles will enable children to have better control when using their hands to grasp and manipulate objects.

What you will need:

- Empty and rinse a selection of 1 & 2-pint milk cartons

Instructions:

- Leave to dry and fill with various quantities of pasta/rice and sand
- Using string, tie one end of the string to the handle of the carton and the other to a stick or large lolly stick as in the picture.



The activity:

Encourage the child to hold onto the stick standing with two feet apart to balance. Holding the stick with both hands wind the string around the stick so that the carton begins moving towards them. Once the string is all the way in encourage the child to try and lift the carton backward and forwards between their legs.

Lifting it as high as they can, trying out the different weights. Set up a race against each other to see who can wind the string around the stick the fastest!

Bottle Weights

Bottles filled with water are brilliant, open-ended resources for outdoors. A litre of water weighs a kilo, so providing bottles of various sizes is an excellent way to vary the effort children need to make to lift and develop upper body strength.

Add glitter or food colouring to the water to make it more visual, and glue the caps shut. Encourage children to lift, roll, carry and push the bottles - and collaborate to move the heavier ones.

These will provide a variety of weights for the children to try and lift - developing their upper arm and upper forearm muscles, wrist and hand strength.

Introduce language like:

heavy, light, up, down and strength