

Session 619

Core for Kids:

Improving Strength and Posture with Play

Brett Klika CSCS

Founder, SPIDERfit Kids- www.spiderfitkids.com

Today

- Discover the mechanisms and standard movement patterns behind improving core strength and posture with kids
- Discover games and other activities kids enjoy that improve core strength and posture

The CORE

- The “core” is a relationship, not a muscle
 - Anterior/posterior muscles of the trunk
 - Spinal integrity
 - Efficient force transfer

Sensory Foundations of Posture

- Perceptual Motor Skills closely associated with core strength and posture:
 - Body awareness
 - Proprioception
 - Vestibular awareness

Kids!

- FUN is king
- Short attention spans
- Limited by development in addition to fitness level
- Limited fundamental movement and sensory skill development
Progress from general to specific

Movements that Challenge Posture, Strength, and Core Development

- **Extending**
- **Rolling**
- **Crawling**
- **Climbing**
- **Reaching**
- **Bending**
- **Carrying**
- **Balancing**
- **Chopping**

Warm Up

Challenge the sensory system with novel movement

- Creative Discovery
 - Introduce a movement “word”
 - Combine movement “words” to “sentences”
- For example:
 - Spin, Drop, Jump (repeat for 10 seconds)
 - Sneak, Shrink, Grow (repeat for 10 seconds)
 - Fly, Escape, Roll (repeat for 10 seconds)

Warm Up

- **Guided Discovery**
 - Introduce a familiar movement pattern
 - Add “variables” to that movement
- **For example:**
 - **March:** Arms wide, Arms narrow, Fast, Slow, In a circle, Backward
 - **Lateral shuffle:** Hips low, Hips high, Zigzag path, Feet narrow
 - **Squat:** Arms above head, Arms to the side, Weight on toes, Weight on heels
 - **Run:** Fast, Slow, Around something, Body Wide

Supine

- Rocking
- Roller coaster
- Get up race (No hands)
- Reverse plank
- Crab roll

Prone

- T-birds
- Swimmers
- Superhero
- Plank
- Plank tag (with partner)

Quadruped

- Bird dog
- Bird dog rodeo
- Bear, Crab, Butterfly
- 6-point crawl
- 4-point crawl
- Turtle rolls

Standing

- 1 leg balance
- Cone touches (hands)
- Cone touches (feet)
- Shoe tie challenge
- Upper body letters

With Implements

- Rotation
- Chop
- Rainbow
- Drawing
- Slam
- Chest carry
- Waiter carry
- Farmer carry

Upright Static Force

- Wall push
- Partner mirror hands

Group Game

- Sword Tag

Sweating, Smiling, Smarter!

Thank You!

Brett Klika CSCS

www.spiderfitkids.com

brett@spiderfitkids.com

www.spiderfitfree.com