Stick-Scotch

Start

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Toes
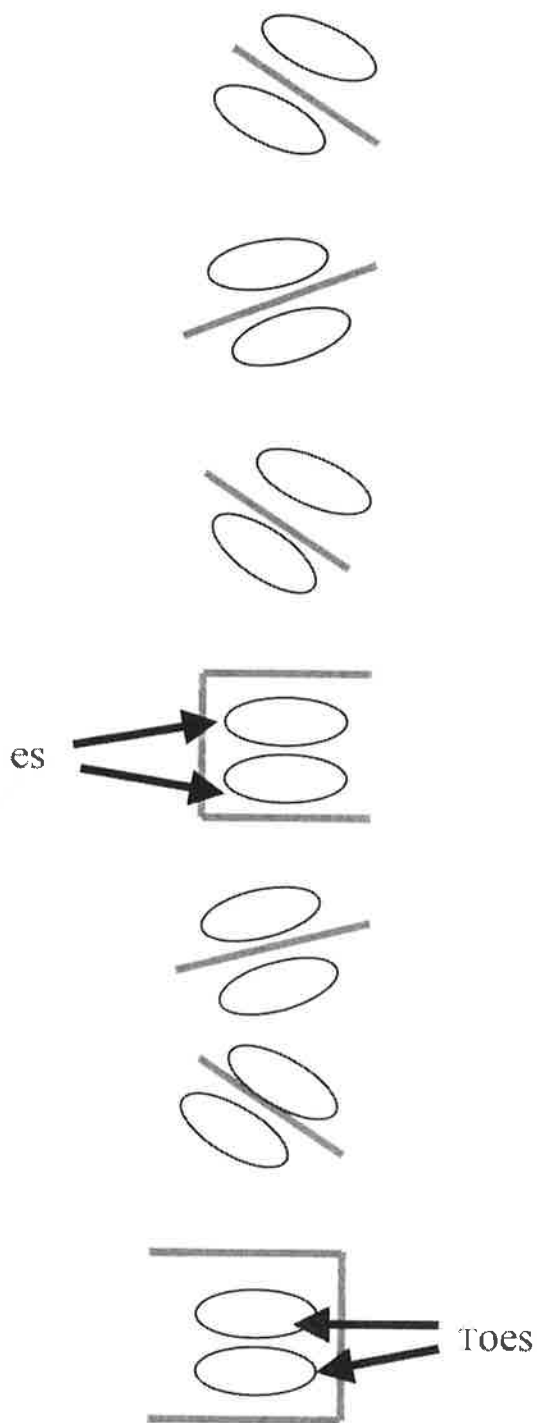
Objective:

- Develops motor planning and problem solving.
- Increases kinesthetic understanding of body in space.
- Increases proprioceptive input with the "Heavy Work" of jumping.

Create a jumping pattern using paint stir sticks... slanted lines and 3-sided open boxes.

The child stands at the "start line" and jumps, landing with one foot on each side of the stick.

When the child gets to the open box, he jumps and lands with his toes pointing to the closed side of the box. (Park the car).

Change pattern often to keep it interesting.