

FITNESS FUN @ WCA

1 Corinthians 6:19-20

"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."



Core Strengthening Activities for Children

According to an article written by Lauren Drobnyak on The Inspired Treehouse blog, "Core strengthening is essential for the progression of other developmental skills. The core is the center of control for everything else the body does. It's difficult to balance, perform coordinated movements on both sides of the body, sit up straight in a chair, hold a pencil, control scissors, or jump if you don't have a strong core." The following is a list of ten ways to help your child build core strength from the Enchanted Homeschooling Mom website:

- **Swinging** – Start teaching your child to swing on his own, if he does not know how to already. This is a great core-strengthening activity.
- **Bouncing** – All different forms of bouncing are good for core strength.
- **Swivel Cars** – This particular car has no pedals and runs entirely on core strength as your child bends and sways to move the car in the direction they want to go.
- **The Wheelbarrow** – Not the tool, the race. 😊 One child is the wheelbarrow, and the other child is the runner. Whichever child is the wheelbarrow has to tighten his core muscles to keep from dragging the ground. Whichever child is the runner has to tighten his core in order to hold up the weight of the other child and run at the same time.
- **Bike Riding** – A certain amount of core strength is needed to ride a bike, but once you get them going they are building that core strength every time they ride.
- **The Exercise Ball** – The exercise ball is different from a hopper in that it doesn't have a handle. You can buy different sizes; they don't cost much, and even come in a few different shapes. Sitting and rolling on this ball will build core strength. Children can use the ball as a chair when sitting at the table or desk or watching television. You can also find some great games to play with your child while they are stomach down on the ball.
- **The Playground** – Take your child to a different "new" playground whenever you get the chance. If you have a child who prefers to sit on the sidelines, get out there on the steps, ladders, slides, tunnels and bridges with them! Playgrounds are a wonderful free place to build core strength.
- **Good Old-Fashioned Twister** – You can have your child work on his own (without friends) with a twister board as you issue challenges. If you can't find the game, just make your own using spray paint and your backyard!
- **Climbing** – Climbing ladders and slides at the playground is good, but climbing real rocks is even better. Just find a good hike where your child can clamber over rocks and up a bit of a hill.
- **Balloon Volleyball** – Kids and parents work together as a team to keep the balloon in the air, and besides core strength you are all working on gross motor planning skills, trunk control, and balance!

Mrs. Michaellynn Hughes
2014-2015 Fitness Coordinator

