

CROSS-LATERAL ACTIVITIES

WEEK 4

STATION 1

Skills Developed

Locomotor skills, motor planning, spatial awareness

Equipment

- Six cones
- Active learning cards (uppercase letters)

Setup

Place the cones 4 feet (1 meter) apart.

Activity

Do grapevine (crossover) steps from cone to cone. Along the way, touch each cone and say the letter shown on the card for that cone.



Skill Check

Make sure that the student uses proper form for the grapevine step:

- When moving to the right, step with your right foot first.
- Follow with your left foot moving *in front of* and across your right foot.
- Then step out again with your right foot.
- Follow with your left foot moving *behind* your right foot.
- Continue with this pattern.