

# Scooter board Play



Scooter boards are a fun way to encourage many different areas of development:

Strength in stomach muscles as well as back muscles and the shoulder girdle are key areas targeted by scooter board play

Movement in back-and-forwards linear patterns is ideal for calming and organising the sensory systems and can be another focus for scooter board use

Using the two sides of the body together helps to develop bilateral control

Moving through an obstacle course on a scooter board assists with the development of motor planning and body awareness

## Here are some fun ways to engage in play on a scooter board

### • **Position 1**

Lie on your stomach on the scooter board; make sure your chest is placed as far upon the board as you can

Bend your legs at the knees or keep them straight in a "superman" position so your toes do not drag on the ground

### • **What to do:**

- Simply use your arms to propel yourself around (hands flat on the floor)
- Draw maps / roads on cement with pavement chalk or tape and follow them around
- Make a large figure 8 pattern and move around it
- Collect items on your journey (eg, pick up toys / quoits / balls as you go)
- Pull yourself along a secured rope
- Place your hands against a wall and push yourself backwards...see how far you can travel in one push
- Go through an obstacle course (under and around)
- Have races with a friend...they might be on another board or perhaps they could hop, jump, skip or walk backwards
- Place a cardboard box over your feet or hold a toy between your feet and carry it from one place to another

### • **Position 2**

Sitting up

Use your feet to propel you around

### • **What to do:**

- You can do all the activities already listed...modify them as you need to
- Spin yourself in a circle using your feet
- Place your feet on the wall and push yourself away...see how far you can travel (don't let your feet drag on the ground)

### • **Position 3**

Lie on your back....for longer scooter boards

Make sure your head is supported on the board

### • **What to do:**

Propel yourself using your feet

Fix a rope or bungee cord so that you can use your hands to swing or move yourself back and forth underneath it

### • **Considerations:**

Watch out for little fingers underneath the castors

Watch out for fatigue in muscle groups when in a position for a while - use the scooter board as part of a range of active play activities