

CROSS-OVER WALKING GRID

GOOD FOR

Laterality, left and right discrimination.

OBJECT

Mid-line development.

EQUIPMENT

Grid painted on the blacktop.

ACTIVITIES

- 1) Walk pattern forward beginning with the left foot and follow with the right foot "crossing over" the mid-line on the grid. Continue this pattern.
- 2) Walk pattern forward and backwards crossing the mid-line. The child may look down at marking if necessary.
- 3) Walk pattern forward and backwards crossing over the midline and looking up and ahead. (The child does not look down at marking.)

