

Name of exercise	Standing spiders
Description of exercise	<p>Start lying on the floor on the tummy</p> <p>Rest the hands flat on the floor and spread the fingers out – this is the ‘sleeping spider’</p> <p>Draw the fingers together to make the ‘spider’ stand up, then let the fingers go back down</p> <p>Repeat the exercise several times</p>
Key themes that this exercise can support	Kinaesthetic awareness, coordination and spatial awareness
Emphasised at	Early Years Levels
Appropriate for	Early and First levels

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