

JOSEPH CLARKE SCHOOL

PRE-CANE SKILLS

These are self-protective measures to safely explore any unfamiliar space.



Body protection or “body bumpers”

This involves the child stretching their arms out in front of them at waist height with one hand on top of the other. This ensures contact is made gently and safely.



Trailing

This is keeping contact with an edge such as a wall, a table or a line of chairs etc. It is done using a hand outstretched in front of the body. The back of the hand touches the surface to be trailed. Trailing also helps the child to move safely. The order in which trailing surfaces are found can help the child to keep aware of where they are. This sequencing is the beginning of learning routes.



Squaring up

This is used as a starting point. The child is asked to stand with their back against the vertical surface feeling their heels, bottom, shoulders and back of head in contact. This introduces good upright posture. The child is encouraged to think of “nose, tummy and toes” all pointing forwards. It also encourages a specific rather than a random direction of travel. Safe indoor environments can be explored using these skills.