

Activities to Develop Gross Motor Skills

Gross Motor Skills Groups

Each session begins with some warm up exercises to improve the children's balance, co-ordination, bi-lateral integration and spatial awareness. A range of equipment is used during the sessions that have been approved and recommended by physiotherapists and occupational therapists.

Most exercises are also attempted without vision.

Equipment used

Benches, hoops, quoits, cones, mats, physio balls, physio rolls, scoot boards, a variety of weights and sizes of balls, rocker board, bubble wrap, bean bags, tunnels, hockey sticks, markers and posts.

How the equipment is used

Benches: to walk forwards, backwards, sideways, on tiptoes, heels and heel to toe. To pull along whilst on stomach, crawl and step ups. Occasionally hoops are placed around the benches and the children crawl under or over them. The benches are usually put out on angles or straight lines.

Quoits, cones and markers: to make courses for the children to follow.

Mats: these are nearly always set out diagonally. Children follow the direction around the edge of the mats by walking, running, knee walking or using hockey sticks and balls.

Tunnels: to crawl through, to roll in and to roll balls through.

Physio ball and roll: to sit on, lay on (front and back), to act as support.

Rocker board: for balance.

Variety of balls: different weights and sizes for visual and spatial perception.

Scoot boards: to lay on, sit on and kneel on.

Edra cones and hoops: are used to make an obstacle course. All the warm up exercises for balance, body awareness, body perception and co-ordination are attempted without vision.

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Ball Activities

1

Physio Roll Activities

The physio roll is more commonly known to the children as the peanut ball because of its shape. This piece of equipment can help to improve the child's balance, shoulder and pelvic stability.

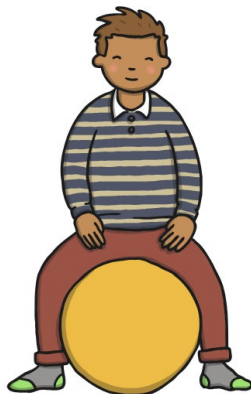
Sit astride the centre of the ball with feet flat on the floor, back straight and facing a partner to give a focal point. Then stand up straight for several seconds maintaining balance, then sit back down. Repeat this several times.

Sit astride the centre of the ball with feet flat on the floor, back straight and facing a partner. Using a small soft ball throw and catch to each other with both hands whilst maintaining balance. To increase difficulty, throw and catch with just the left hand, then right hand and use over arm throws. Repeat several times. This activity can also be repeated with the child laying across the centre of the ball.

Sit astride the centre of the ball, back straight and facing forwards. Bounce up and down several times whilst maintaining balance.

Sit astride the centre of the ball with feet flat on the floor, back straight and facing a partner. The partner is to offer an object above and to the right of the child encouraging the child to reach with their left hand to grab the object whilst maintaining their balance and vice versa. Repeat several times.

1



2



2

Lay across the centre of the ball on the tummy. The child is to move forwards on their hands whilst the ball is supporting their legs. When the ball touches their feet they can then push themselves backwards until they are in their original position. Repeat several times. This exercise replaces the original wheelbarrow exercise with the ball supporting the child's legs and not the partner.

Lay length ways across the ball on the tummy with the child being supported by an adult. Only when the child feels confident, remove their support to enable the child to balance independently.

Football Activities

All these activities help to improve hand/eye/foot co-ordination, spatial awareness and directional ability.

Dribble the ball in a straight line using both feet to control the ball. When the child is confident, increase the difficulty by allowing the child to use only their dominant foot to control the ball and then their non-dominant foot.

Dribble the ball around a course of cones or markers using both feet to control the ball. Increase the difficulty by allowing the child to use only their dominant foot to control the ball and then their non-dominant foot.

Dribble the ball around a course of hoops using both feet to control the ball. Increase the difficulty by allowing the child to use only their dominant foot to control the ball and then their non-dominant foot.

Repeat all the above exercises but with their arms behind them to discourage the child from accidentally touching the ball.

Stand straight facing a partner and kick the ball to each other using only the right leg. Repeat several times and gradually widen the distance between them to increase the difficulty.

Stand straight facing a partner and kick the ball to each other using only the left leg. Repeat several times and gradually widen the distance between them to increase the difficulty.

Facing a partner, kick the ball to each other using only the right leg whilst moving around the hall. Repeat with the left leg.

Stand in between 2 hoops keeping the lower part of the body still. Turn to the right and bounce the ball 3 times inside the hoop. Next, turn to the left whilst keeping the lower part of the body still and bounce the ball 3 times inside the hoop. Repeat several times. Increase the difficulty by using only the right hand to bounce the ball in each side and then the left hand.

Facing a partner, place a hoop in between each other and bounce the ball into the hoop enabling the partner to catch it. Repeat several times. Increase the difficulty by widening the distance between each other. Sit down facing a partner and roll the ball, using both hands, to each other. Increase the difficulty by widening the distance and using only the left hand or the right hand to roll the ball to each other.



Ball Activities



Large Physio Ball Activities

Always ensure the ball is placed on the floor mats before beginning activities. Explain to them exactly what is going to happen as some children can find this experience quite daunting.

Ask the child to stand in front of the ball with their feet just touching the base of it. Then ask them to place their arms around the ball as if hugging it. Gently roll the child onto the ball and support them by placing a hand in the middle of their back and slowly move the child forwards, backwards and then use small circular movements to move them around. Repeat this several times.

Ask the child to hug the ball and support as above. Then ask them to raise their head and look forwards and stretch their arms out in front of them. Hold this position for several seconds and then relax. Repeat this several times.

Ask the child to hug the ball and support as above. Then ask them to lift their legs up so that they are pointing straight out behind them. Hold this position for several seconds and then relax. Repeat this several times.

Ask the child to hug the ball and support as above. Then ask them to raise their head and arms out in front of them and their legs out behind them so that they are lying straight across the ball. Hold this position for several seconds and then relax. Repeat this several times.

Ask the child to stand so that the ball is behind them and their heels are touching the ball. Then ask them to put their arms behind them and hold the ball as you are going to roll them onto it. Gently roll the child onto the ball by placing a hand on their tummy and slowly move the child forwards, backwards and then use small circular movements to move them around. Repeat this several times.

Ask the child to stand with the ball behind them and gently roll them onto it as above. Then ask them to raise their head and hold that position for several seconds. Repeat this several times.

Ask the child to stand with the ball behind them and gently roll them onto the ball. Then ask them to raise their head and their legs straight out in front of them. Hold this position for several seconds. Repeat several times.

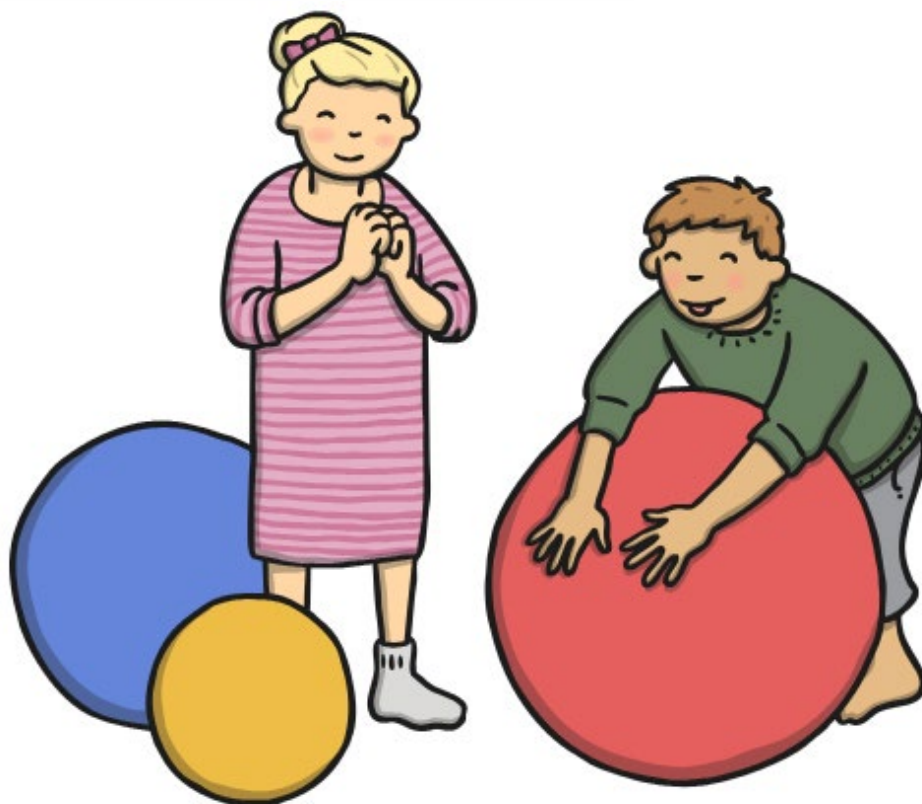
Ask the child to stand with the ball behind them and gently roll them on to the ball. Then ask them to raise their right leg and left arm so that they are pointing up to the ceiling.

Hold for a few seconds and then put them down and raise the left leg and right arm. Repeat several times.

Ask the child to sit on the ball with both feet flat on the floor, back straight and knees bent. Facing a partner, throw and catch a ball with both hands to each other whilst maintaining their balance. Repeat several times. Increase the difficulty by using only the left hand and then their right hand.

Ask the child to sit on the ball with feet flat on the floor, back straight and knees bent. Then stand up and sit down several times whilst maintaining their balance. Ask the child to lay on the ball on their right side and support as appropriate. Then ask them to raise their left leg and arm and hold this position for a few seconds. Repeat several times.

Ask the child to lay on the ball on their left side and support as appropriate. Then ask them to raise their right leg and arm and hold this position for a few seconds. Repeat several times.



Sponge Ball Exercises

Put your left arm outstretched in front of you at shoulder height with your palm facing upwards. Place the ball into your open palm and squeeze as hard as you can for 10 seconds and relax. Repeat 5 times.

Put your right arm outstretched in front of you at shoulder height with your palm facing upwards. Place the ball into your open palm and squeeze as hard as you can for 10 seconds and relax. Repeat 5 times.

Put your left arm outstretched in front of you at shoulder height with your palm facing downwards. Place the ball into your palm and squeeze as hard as you can for 10 seconds and relax. Repeat 5 times.

Put your right arm outstretched in front of you at shoulder height with your palm facing downwards. Place the ball into your palm and squeeze as hard as you can for 10 seconds and relax. Repeat 5 times.

Put both arms outstretched in front of you at shoulder height and clasp the ball between both palms. Interlock fingers and squeeze the ball as hard as you can for 10 seconds, then relax. Repeat 5 times.

Sit on the floor, knees bent and arms behind you for support. Place the ball between your feet and grasp it. Raise your legs whilst still holding the ball for 5 seconds and relax. Repeat 5 times.

Sit on the floor, knees bent and arms behind you for support. Place the ball between your knees, grasp it as hard as you can and shuffle 1 metre forwards keeping the ball between your knees. Repeat 3 times.

Do a variety of throwing and catching activities. Start by using both hands together, then your left hand and then your right hand. Increase the difficulty by introducing partner activities, varying distances, and objects to throw through and into using both over arm and under arm.

Volley Ball Exercises

Put 5 or 6 mats into a line and lay width ways across the first one. With arms extended, hold a ball between both hands and a beanbag between knees to maintain position, and then roll to the end of the mats in a straight line. Repeat twice.

As above but add to difficulty by rolling to the end of the mats and back again. Repeat twice.

From a standing position, bounce the ball with both hands together and catch with both hands.

From a standing position, bounce the ball using your left hand several times.

From a standing position, bounce the ball using your right hand several times.

From a standing position, bounce the ball using both hands alternately several times.

Bounce the ball with both hands together whilst walking to the bottom of the hall.

Bounce the ball with your left hand whilst walking to the bottom of the hall.

Bounce the ball with your right hand whilst walking to the bottom of the hall.

Using both hands alternately, bounce the ball to the bottom of the hall whilst walking.

Use your left foot to control the ball around several obstacles.

Use your right foot to control the ball around several obstacles.

Working in pairs, bounce the ball to each other with both hands together and catch with both hands.

Work in a pair and kick the ball to each other using your feet alternately.

Increase the difficulty of all the activities by varying distance and using under arm and over arm techniques.

Scooter Board Activities



The child is to lay across the board on their tummy making sure that their legs are pointing straight out behind them and their arms are pointing straight out in front. The child is then to hold on to a hoop whilst an adult or partner pulls them around the hall or course. This can also be achieved by the child holding onto a rope whilst they are being pulled.

The child is to lay across the scooter board on their tummy keeping their legs straight out behind them and level with their body. They then use both hands together to propel themselves forwards around the hall or a course.

The child is to lay across the scooter board on their tummy keeping their legs pointing straight out behind them and level with their body. They then use their hands alternately to propel themselves forward around the hall or course. To vary the degree of difficulty the child can lay on the board as above but push themselves backwards with both hands together, alternately and using only one hand. Then using both hands together then can turn themselves around in circular movements.

The child is to sit on the board in the centre and hold on to the handles at either side. Using both their feet together, they can propel themselves forward around the hall or course.

The child is to sit on the board in the centre and hold on to the handles at either side. Move forwards around the hall or course using both heels together. To vary the degree of difficulty, sit on the board as above but use feet and heels alternately to push themselves backwards around the hall or course. The child is to kneel on the board in the centre and use both hands together to propel themselves forward around the hall or course.

The child is to kneel on the board in the centre and use hands alternately to propel themselves forward around the hall or course.

To vary the degree of difficulty, the child can kneel on the board as above but use hands together and alternately to push themselves backwards around the hall or course.

The child is to lay on the board on their back keeping their legs pointing straight out in front of them. They must then hold on to a hoop or rope and the adult or partner will pull them around the hall or course.

A course can consist of arches, cones with small and large spaces, ramps and tunnels.

Bubble Wrap Activities

Roll out a length of bubble wrap and let the child walk along the length of the wrap.

Roll out a length of bubble wrap and let the child roll along the length of the wrap.

Roll out a length of bubble wrap and let the child crawl along the length of the wrap.

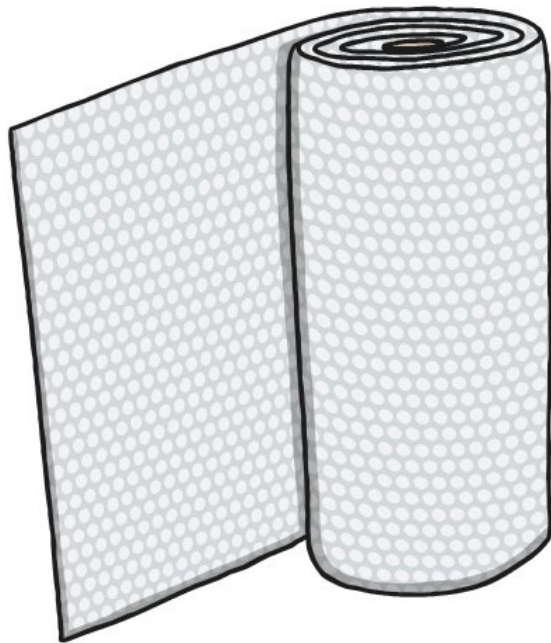
Give the child a piece of bubble wrap and let them pop it between their thumb and index finger of their right hand.

Give the child a piece of bubble wrap and let them pop it between their thumb and index finger of their left hand.

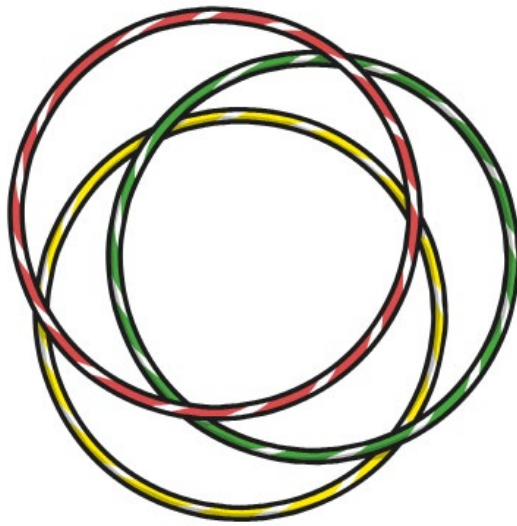
Give the child a piece of bubble wrap and let them try to pop the bubbles using each finger alternately with either hand.

Give the child a piece of bubble wrap and let them try to pop the bubbles with their toes.

Give the child a large piece of bubble wrap and let them wring it out forwards and backwards until all the bubbles have popped.



Hoop Activities



The child must jump forwards with both feet together, in and out of several hoops. Repeat the activity but jumping backwards.

Side step in and out of several hoops stepping with their right leg first. Then repeat the activity but stepping with their left leg first.

Hop on their left leg in and out of several hoops keeping a steady rhythm. Repeat the activity but starting with their right leg.

From a standing position, step forwards through the hoop and bring it up and over the rest of the body. Repeat this action several times.

From a standing position, step backwards through the hoop and bring it up and over the rest of the body. Repeat this action several times.

Whilst walking, step forwards through the hoop and bring it up and over the rest of the body. Keep a steady pace until you reach the bottom of the hall.

Whilst walking, step backwards through the hoop and bring it up and over the rest of the body. Keep a steady pace until you reach the bottom of the hall. Take extreme care when doing this activity.

Whilst walking forwards, rotate the hoop backwards and step through, bringing the hoop up and over the rest of the body. Keep a steady pace at all times. Always make sure that the hoops are set out at angles and not in a straight line.

Tunnel Activities

On hands and knees, crawl through the tunnel facing forwards.

On hands and knees, crawl through the tunnel backwards.

On the tummy, go through the tunnel command style.

Wriggle through the tunnel on your back.

On hands and knees, crawl through the tunnel whilst pushing a ball with your head.

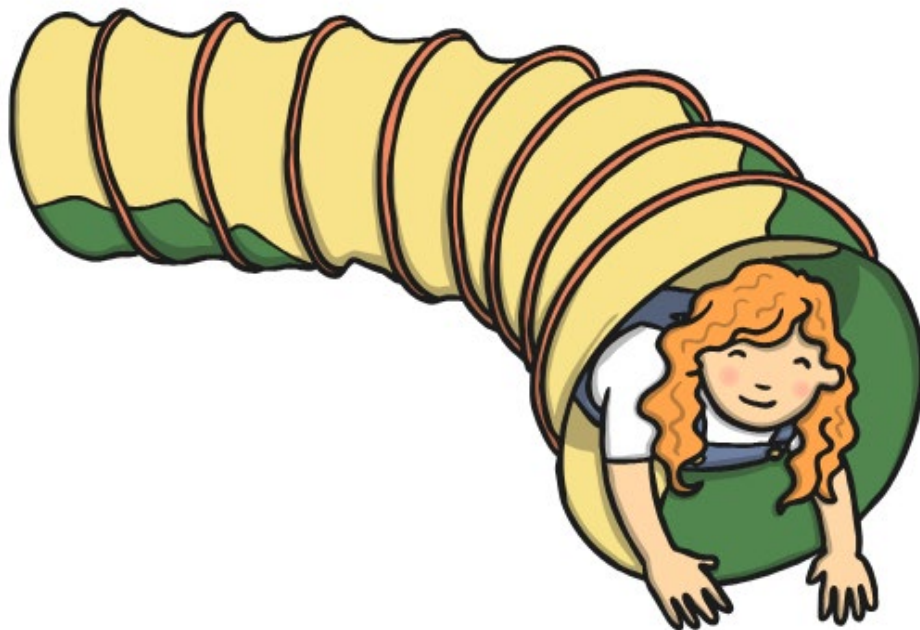
Crawl through the tunnel commando style whilst pushing a ball with your head.

Crawl through the tunnel forwards and backwards with your eyes closed.

Wriggle through the tunnel on your back with your eyes closed.

For partner's activities, the children can stand at the end of the tunnel and kick a ball to each other. Other activities can include throwing or rolling a ball to each other.

If using more than one tunnel together, the child can crawl forwards to the centre of the tunnel and then alter the position to exit the tunnel.



Ribbon Activities



With the right arm outstretched, grip the handle in the right hand and with big circular movements, twirl the ribbon from left to right.

With the left arm outstretched, grip the handle in the left hand and with big circular movements, twirl the ribbon from right to left.

With both arms outstretched, grip the handle in both hands and with big circular movements, twirl the ribbon from left to right and vice versa.

With the right arm outstretched, grip the handle in the right hand and make a large figure of 8 crossing the midline from left to right.

With the left arm outstretched, grip the handle in the left hand and make a large figure of 8 crossing the midline from right to left.

With both arms outstretched, grip the handle in both hands and make a large figure of 8 crossing the midline from right to left to right.

Hold the handle in the right hand pointing it towards the floor and use wrist movements to twirl the ribbon from left to right.

Hold the handle in the left hand pointing it towards the floor and use wrist movements to twirl the ribbon from right to left, achieving a spiral effect.

Whilst standing still, hold the handle in the right hand and twirl the ribbon around the body.

Whilst standing still, hold the handle in the left hand and twirl the ribbon around the body.

To increase the difficulty, as the children become used to using the ribbons, include walking, running and skipping whilst twirling the ribbon.

Eventually introduce music into the activity to enable the children to develop a sequence of movements.

Bench Activities

During the bench activities, don't just set them out in straight lines, make different shapes with them and set them at different angles. (See bench design sheet). Always make sure that there is an activity at the end of each bench and give the children the opportunity to say which direction they are going to take, either left, right, forwards or backwards depending on the activity.

Walk forwards along the bench. With feet together, jump off making sure that the knees are bent when landing.

Walk on tip toes along the bench. With feet together, jump off making sure that the knees are bent when landing.

Walk on the heels along the bench. With feet together, jump off making sure that the knees are bent when landing.

Walk heel to toe along the bench. With feet together, jump off making sure that the knees are bent when landing.

Side step along the bench. With feet together, jump off making sure that the knees are bent when landing.

Crawl along the bench, when having reached the end, stand up and jump off making sure that feet are together and knees are bent when landing.

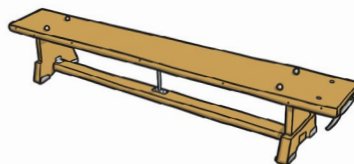
All the above activities can be repeated by moving backwards. Check for the child's associated arm and hand movements during these tasks.

Ask the child to lay on the bench on their tummy and with both arms outstretched, pull themselves along to the end of the bench.

Ask the child to lay on their back on the bench and use their heels and arms to move themselves along to the end of the bench.

Step up on the bench with the right foot first and then the left foot. Without turning around, step back with the right foot and then with the left foot. Repeat this several times.

Step up on the bench with the right foot first, then left foot, then step down forwards with the right foot first and then the left. Turn around and repeat several times.



Fine Motor Skills Activities

For a wide range of printable fine motor skills activities, go to:

<http://www.twinkl.co.uk/resources/fine-motor-skills-pencil-control>

All of the following activities encourage the improvement of a child's fine motor skills. They are fun for the child to do and can easily be continued at home.

Have an assortment of beads in different sizes. The children can pick them up and thread them onto cotton, string, wool, plastic wire, or laces.

Have an assortment of bricks of different sizes. The child can make towers of 10 or more, make a pyramid, copy a pattern if with a partner, press them together (Lego) and use alternate hands to build.

Use sewing cards and threading boards. The child can copy patterns or make their own. They can make their own sewing cards.

Use dotted paper. Join the dots together using alternate hands, join the dots to make different shapes or a picture.

Download some dot-to-dot activities from the twinkl website.

Draw lots of different lines on paper and ask the child to copy them. If possible, use chalk to draw lines on the floor or walls.

Use tracing paper to copy pictures, letters or shapes from comics, newspapers or books.

Get a piece of square paper and fold it into the smallest piece possible using only the finger and thumb to make creases. Make paper fans.

Use the various scissor cutting skills worksheets available from twinkl and cut along and around the different shapes and lines.

Make salt dough or bread dough and ask the child to knead it and make letter shapes etc. Make your own jigsaw.

Use pasta shapes, sequins, lentils or tiny beads to make a picture or pattern.

Cut up different textures and thickness of materials to make a collage, etc.

Use finger paints to be creative.

Put pasta and peas in a bowl and separate them using fingers or tweezers.

See how many paper clips you can join together in a long chain.

Practise buttoning and zipping up jackets and coats.

Co-Ordination Activities

With arms at shoulder height and out to the sides, touch the thumb with each finger in order, from index to little and back. Start with the left hand, right hand and then both together. Increase the difficulty of the exercise by changing the order in which you touch each finger to the thumb. E.g., Middle finger, index finger etc. Repeat each activity with eyes closed. (Refer to diagram)

Arms outstretched in front at shoulder height, one hand open palm down, one hand clenched fist, alternate clenched to open palm. Repeat with palm facing ceiling. Repeat each activity with eyes closed.

Left arm outstretched to side at shoulder height. Right arm across chest and touching shoulder, alternate so that the right arm becomes outstretched and the left arm is across the chest and hand touching the shoulder. Keep looking straight ahead. Repeat each activity with eyes closed.

Left arm outstretched in front at shoulder height with the index finger of the right hand touching the nose, alternate activity. Repeat with eyes closed.

Touch the left ear with the left index finger and the tip of the nose with the right index finger. Then cross over with the right index finger touching the left ear and the left index finger touching the tip of the nose. Repeat several times and also with eyes closed.

Touch the right ear with the right index finger and the tip of the nose with the left index finger. Then cross over with the left index finger touching the right ear and the right index finger touching the tip of the nose. Repeat several times and also with eyes closed.

With both arms outstretched and index fingers pointing forwards, make a large figure of 8 with both arms moving in the same direction at the same time. Repeat several times and also with eyes closed.

With feet together, jump forwards, backwards, and side to side with fluent movements. To increase difficulty, alternate the sequence. E.g., side to side, backwards and forwards. Repeat several times and also with eyes closed.

Marching on the spot or whilst moving around a room are great for improving co-ordination, as are skipping and running. Include music with these activities to enforce timing and rhythm.

Theraband Activities



1

Hold the Theraband in each hand and raise both arms above your head. Keeping your arms straight, stretch the Theraband, hold to the count of 5 and relax. Repeat 5 times.

2

Put your arms behind you, hands pointing down, hold the Theraband in each hand and stretch making sure to keep both arms straight. Hold to the count of 5 and relax. Repeat 5 times.

3

Hold arms outstretched in front of you, hold the Theraband in each hand, arms straight, stretch the Theraband to the count of 5 and relax. Repeat 5 times.

4

Put your right foot on one end of the Theraband and hold the other end in your left hand. Standing up straight, stretch the Theraband across your body, hold to the count of 5 and relax. Repeat 5 times.

5

Put your left foot on one end of the Theraband and hold the other in your right hand. Standing up straight, stretch the Theraband across your body, hold to the count of 5 and relax. Repeat 5 times.

6

Place the Theraband on the floor and stand with both feet in the centre, hold the right end of the Theraband in your left hand and the left end in your right hand. Standing straight, pull both ends at the same time across your body, hold to the count of 5 and relax. Repeat 5 times.

7

Put your left foot on one end of the Theraband and your right arm behind you. Hold the Theraband in your right hand and stretch it across your body, hold to the count of 5 and relax. Repeat 5 times.

8

Put your right foot on one end of the Theraband and your left arm behind you. Hold the Theraband in your left hand and stretch it across your body, hold to the count of 5 and relax. Repeat 5 times.

9

Put your left foot on one end of the Theraband and hold the other end in your left hand. Standing straight, stretch the Theraband up the left side of your body and hold to the count of 5 and relax. Repeat 5 times.

10

Put your right foot on one end of the Theraband and hold the other in your right hand. Standing straight, stretch the Theraband up the right side of your body and hold to the count of 5 and relax. Repeat 5 times.

11

Sit on the floor with your legs straight out in front of you. Put the Theraband on the soles of both feet, hold the left end in your right hand and the right end in your left hand. Pull both sides at the same time across your body, leaning back slightly as you do this, hold to the count of 5 and relax. Repeat 5 times.

Balloon Activities

1

From a standing position, throw a balloon up and down and catch with both hands together.

2

From a standing position, tap the balloon from your right hand to your left hand several times.

3

Whilst walking or running around the hall, throw the balloon in to the air and by tapping it upwards try to prevent it from falling to the floor.

4

With a partner, both standing still, throw the balloon to each other, catching with both hands. Vary the distance between each other during this exercise.

5

With a partner, throw and catch the balloon to each other while moving around the hall.

6

While walking forwards around a course of markers or cones, try to keep the balloon in the air.

7

While walking backwards around a course of markers or cones, try to keep the balloon in the air.

8

With a partner, sit facing each other, about 1 metre apart and throw or tap the balloon to each other, trying to keep to a rhythm.

9

From a standing position, with your left hand, bounce the balloon on the floor as you would a ball several times.

10

From a standing position, with your left hand, bounce the balloon on the floor as you would a ball several times.

11

While walking forwards, bounce the balloon on the floor with your left hand.

12

While walking forwards, bounce the balloon on the floor with your right hand.

13

While walking forwards, bounce the balloon on the floor using both hands alternately.



Visual Activities

Ocular Control

Occasionally there is a time lapse when you are following an object with your eyes. Although the object has passed in front of your eyes, the eyes will not follow the object immediately. To improve ocular control with the following exercises, the head must be kept still and only the eyes moving.

Stand nice and straight and throw a balloon up and down and track the balloon with your eyes. Stand in front of the child to ensure that only the eyes are moving. Throw a beanbag up and down with your right hand and track the path of the beanbag with your eyes.

Throw a beanbag up and down with your left hand and track the path of the beanbag with your eyes.

Throw a beanbag from your right hand to your left hand and vice versa tracking its path with your eyes. Stand in front of the child making sure that they are only moving their eyes.

Hold a beanbag whilst standing in front of the child; making sure that the beanbag is raised higher than the child's field of vision. Then ask the child to look up at the beanbag and be ready to catch it when it falls. The child must follow the path of the beanbag as it falls with their eyes.

Use frog bean bags too, with bulgy eyes so that the child can follow the frog's eyes. It also makes it fun.

Shine a light on the floor or wall and let the child track the path of light with their eyes. Shine the light from left to right, right to left, up and down and curve patterns. Make sure that the child is only moving their eyes and not their head and keeping their head still.



Activities for Home

All these exercises can help to improve hand/eye/foot co-ordination, hand/finger/wrist strength/shoulder/arm/leg strength, balance, body and spatial awareness. If the exercises involve being stood up then make sure the child is stood straight, feet pointing forwards, shoulders back and looking straight ahead. Sponge exercises can also be attempted in the bath.

Put a small sponge ball into the palm of your left hand and with your arm outstretched in front of you, squeeze the ball to the count of 10.

Put a small ball into the palm of your right hand and with your arm outstretched in front of you, squeeze the ball to the count of 10. Then open your hand. Repeat 10 times.

Get a piece of bubble wrap and use each finger alternately to pop the bubbles.

Get a piece of bubble wrap and pop the bubbles using your thumb and finger together.

Get a piece of bubble wrap and try to pop the bubbles with your toes.

Get a large piece of bubble wrap, hold one end in each hand and wring it to pop the bubbles.

Get a tea towel or piece of cloth and wring it backwards and forwards.

Get a piece of paper and squeeze it into a ball. Use your left hand, right hand and then both hands.

Get a piece of paper and fold it into the smallest piece possible using your finger and thumb.

Make a dough recipe (salt dough, play dough or bread dough) then knead the dough using your right hand, left hand and both hands.

Throw and catch a balloon individually or with a partner tracking the balloon with your eyes.

Crawl across the floor whilst blowing a balloon.

Sit on a chair with your back straight, feet flat on the floor and stand up and sit down. Repeat this 10 times.

Use your stairs for step-ups. Step up with your right leg first, then your left, then come back down with your left leg first. Alternate which leg you start with. (Facing up the stairs)

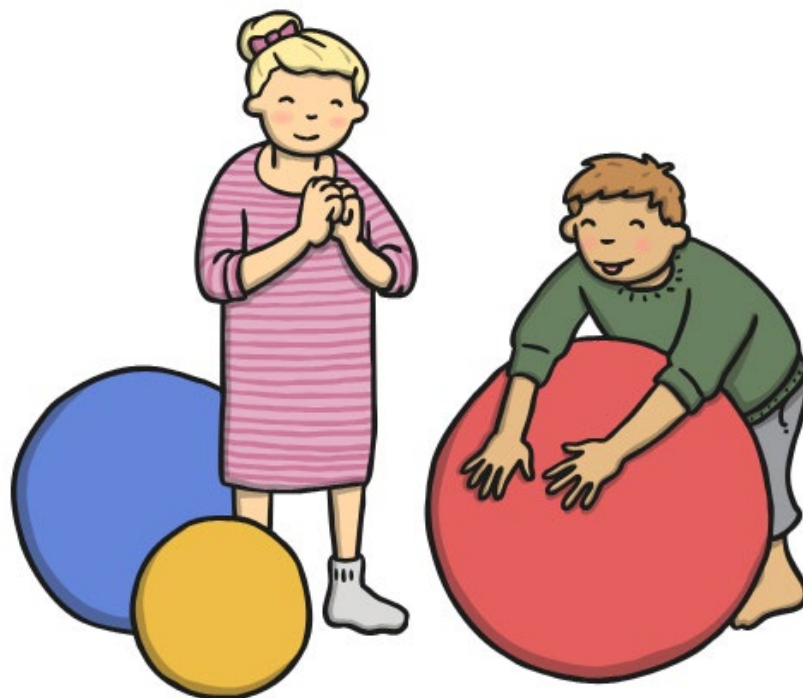
Step down (as though you are coming downstairs) with your right leg, then left leg. While still facing downstairs, with your right leg, step up backwards and then your left leg. Repeat 10 times.

Play clapping games, alternating the rhythm and speed. Slow, fast, 2 claps then 4 claps etc.

Control a small bag using your left foot then right foot around the room, watching the ball the whole time. Alternatively, set up a small obstacle outside.

Outside, bounce a ball using your left hand, then right hand and then both hands alternately. Try to keep a rhythm going.

Chalk wavy, curved or zig zag lines outside and get the child to follow the pattern when walking, running, hopping, skipping, jumping or whilst riding a bike.



Rocker Board Activities



The child is to sit in the middle of the board cross-legged and slowly rock from side to side, forwards and backwards.

The child is to sit on the board with knees bent and hands supporting them from behind. Make rocking movements from side to side, forwards and backwards. The child is to kneel on the board and hold the edges for support. Try to rock the board from side to side, forwards and backwards.

The child is to lay across the centre of the board with arms outstretched in front of them and their legs straight out behind them. Try to rock the board from side to side, forwards and backwards.

The child is to stand in the centre of the board supported by an adult and rock from side to side, forwards and backwards whilst maintaining their balance.

The child is to stand in the centre of the board without adult support and rock from side to side, forwards and backwards whilst maintaining their balance.

The child is to stand on the board, unaided, with their eyes closed and rock from side to side, forwards and backwards whilst maintaining their balance.

You can vary the degree of difficulty by adding a beanbag to keep on their head or giving them a ball to squeeze at the same time.

Beanbag Activities

Pass the beanbag from left hand to right hand around the body. Repeat this several times. Then change the direction from right hand to left hand several times. Repeat this activity again but with eyes closed.

Lay down on your back, knees bent, feet flat on the floor. Lift your bottom off the floor and pass a beanbag from left hand to the right hand underneath your bottom. Repeat this several times.

Lay down on your back, knees bent, feet flat on the floor. Lift your bottom off the floor and pass the beanbag from the left hand to the right hand and over the tummy back to the left hand. Repeat this several times and then again with eyes closed.

Lay down on your back, knees bent, feet flat on the floor. Lift your bottom off the floor and pass a beanbag from the right hand to the left hand and over the tummy back to the right hand. Repeat this several times and then again with eyes closed.



From a standing position, back straight, looking straight ahead, place a beanbag on top of the left foot and then keeping your balance, fling the beanbag into a hoop or basket. After repeating this several times, change to the right foot and repeat the activity. The activity can then be repeated but with eyes closed to enhance visual perception.

From a standing position, back straight, looking straight ahead, place a beanbag in between the toes of your left foot and then keeping your balance, fling the beanbag into a hoop or basket. After repeating this several times, change to the toes on the right foot and repeat the activity. This Activity can then be repeated with eyes closed to enhance visual perception.

Lay straight across a mat on your tummy, lift your head and support yourself with your arms. Hold a beanbag in your left hand and throw it over arm into a hoop. After repeating this several times, change to your right hand and repeat the activity.

From a standing position, back straight, looking straight ahead, place a beanbag on the top of your head and walk forwards to the bottom of the hall. From a standing position, back straight, looking straight ahead, place a beanbag on the top of your head and walk forwards to the bottom of the hall and then without turning around, walk back to the beginning backwards.

Whilst walking forwards and backwards to the bottom of the hall and back, throw a beanbag from your left hand to the right hand, keeping a rhythm.

From a standing position, back straight, looking straight ahead, walk forwards to the bottom of the hall whilst passing a beanbag around the body from the left hand to the right hand. Without turning around, walk backwards to the beginning whilst passing the beanbag around the body but change the direction of the beanbag.

The activities can be alternated by walking sideways or heel/toe or hopping whilst throwing the beanbag up and down with either hand or both. Difficulty can be added by attempting these activities when walking across a bench or raised/sloping platform.