

GROSS MOTOR SKILLS

The following are some activity ideas for you to practice with your child to help develop their gross motor skills.

BALL SKILL ACTIVITIES

Before acquiring ball skills, Your child needs to be able to fix their eyes on a stationary, then a moving object. To make this task easier try using a variety of different balls e.g. Koosh balls, balloons or beanbags. Start with using large light balls, bubbles or balloons. These move slowly which will therefore allow your child more time to focus on and track the object and then adjust their body to catch, pop bubbles etc

- Roll a ball between 2 people. Start off very close to each other, gradually move apart. This can be done in a sitting position, then in kneeling.
- Roll a ball towards your child. Encourage him to stop ball using that foot or a bat.
- Roll the ball into a goal; gradually reduce the width of the goal.
- Target games e.g throwing bean bag into bucket, hoop etc - Start close to target, then increase distance as your child's aim improves. Start with large targets – skittle, wall target, beanbag into a hoop/bucket/onto a chair etc
- Bat a balloon between 2 people using your hands.
- Bat and ball games – vary size of bat and ball. Large bat and large light ball or balloon are ideal to start with
- Football – aim towards a target on a wall; kick towards another person; score a goal.
- Catching activity. Start with a large ball, child kneeling and progress up to standing up; then use a small ball. Hold the ball at shoulder height, drop it and catch it after it bounces.
- Catch with 2 hands then progress to using one hand for smaller balls and bean bags.
- Throw the ball to the child centrally; low high; to the left; to the right. Encourage your child to move to catch.
- Dribble the ball around an obstacle course e.g. in/out of cones etc
- Bounce a ball with 1 hand. Start with a large ball.
- Bounce a ball around an obstacle course.
- Play piggy in the middle.
- While seated encourage your child to roll the ball around his body, then try standing up and rolling the ball around his body

- While in standing roll the ball between the legs; around each leg in a figure of eight.

BALANCE ACTIVITIES

The following activities will challenge your child's balance and encourage the development of control and dynamic balance skills

- Walk on toes/heels – around the room, following a line on the floor etc. walk forwards/backwards/side to side etc
- Walk along straight line on floor (put skipping rope on floor) placing one foot in front of the other heel to toe. This can be quite a tricky one and really challenges balance, he may benefit from some initial support
- Stand with feet together on side of rope and jump sideways over the rope.
- Jump forwards and backwards over rope.
- Practice kicking a football at a goal.
- Dribble football round an obstacle course.
- Walk over an uneven surface e.g. a sheet covering several soft objects such as a beanbag, old soft toys, and softballs.
- Balancing on one leg – time to see how long he can hold the position for, then try to beat it
- Hopscotch, e.g. jump from 2 feet to 1 to 2 again
- Hopping activities and games – races, hopping from one end of the room to the other

MOTOR PLANNING ACTIVITIES

Motor planning refers to the child's ability to organise, plan, and then do new motor tasks. Allow your child opportunities to experience planning and organising movements in order to learn. Provide repetition and reinforcement.

- Obstacle Courses – Create a small, basic obstacle course (maybe incorporating jumping into hoops, stepping on stepping stones, aiming at a target etc – keep it simple with only a few steps). Provide demonstration and allow your child to repeat.
- Imitation games – have your child copy postures. Stand or sit facing him. Include various movements, bending sideways, back, forward, stand on toes, heels, touching body parts (Simon says touch your ...), crossing sides of the body etc.
- Animal walks – imitate various animals, elephant, rabbit, crab, frog, duck, worm and kangaroo – Ask Your child to select which one he would like to carry out

