

## Gross Motor Skills

Games to work on balance, core and shoulder strengthening, bilateral co-ordination, hand-eye co-ordination and overall endurance.

- Tin'o'Beans:** Make up different actions for different types of beans, e.g. "jelly bean"- wobble all body parts; "string bean"- reach up high with arms and stand on tip toes to make yourself tall and thin; "beans on toast"- lie on the ground with arms and legs in star shape; "runner bean"- run on the spot fast. Call out different beans randomly, your child has to quickly get into that position, speeding up the commands to increase the challenge or slowing down to make it easier! Encourage your child to make up more actions for other bean types, e.g. chilli bean, kidney bean, broad bean, butter bean etc.



**Mr. Men:** The same idea as tin'o'beans but for younger children. Make up different actions for the different Mr. Men characters, e.g. "Mr. Slow"- move slowly; "Mr. Rush"- move fast; "Mr. Jelly"- shake whole body; "Mr. Small"- crouch down; "Mr. Muddle"- walk backwards. Encourage your child to make up more actions for other Mr. Men characters, e.g. Mr. Tall, Mr. Muscle, Mr. Angry, Mr. Bounce, Mr. Happy etc.



- Tight-rope Walk:** Get a long piece of rope/ twine/ ribbon etc. Make a straight line for your child to walk along without falling off. Increase the challenge by making shapes/ letters/ numbers with the rope. Or try walking heel-to-toe or backwards! Or add in small obstacles your child must step over, or place the rope down on different surfaces, e.g. on grass, on floorboards, car pet or over a blanket.



- Crab Grab:** Scatter beanbags/ scrunched up newspaper balls around the room. In the "crab" position, encourage your child to move around the room, picking up the beanbags/ paper balls, placing them on their tummy and returning them to the collection basket. Make it harder by picking up the beanbags/ paper balls with their feet first, placing other obstacles around the room, adding a time limit etc. Make it easier by allowing your child to carry the beanbag in their hand, or shuffling with their bottom on the ground.



4. **Steeplechase:** Using their hand as the "bat" and a balloon as a "ball", have your child complete a set out course, without letting the ball touch the ground. Start with straight lines, then increase the challenge by making changes in direction, small obstacles etc in the course. Or have your child use alternating hands to bat the balloon. Or place a coin inside the balloon, making its movements faster and less predictable.

5. **Obstacle Course:** Build an obstacle course with your child involving different movements like crawling on hands and knees (e.g. over big pillows, under a blanket), jumping on 2 feet (e.g. over a low hurdle), hopping (e.g. on stepping stones), climbing etc. You can use wheelbarrow walks or animal walks to get from one obstacle to another to increase the challenge!



# Fine Motor Skills

Games to work on hand strength, in hand manipulation, grip strengthening and bilateral coordination.

1. **Play dough disco:** A fun "dancing with play dough" video. Make this harder by using plasticine/ modelling clay. Video: <https://www.youtube.com/watch?v=zJQ2CaA7E50>




2. **Peg Tower:** Build a peg tower and see who can build the highest. Make this easier with large grip plastic pegs. Make it harder by placing lollipop sticks in between the pegs too. Or, try making a toothpick tower with play dough!



3. **Paper planes:** Start off with crepe or tissue paper to make the folding easier. Then move to paper or card and take off!

4. **Money Bingo or Coin Races:** Money bingo link; [http://lets-explore.net/blog/wp-content/uploads/2010/08/Money\\_Bingo.pdf](http://lets-explore.net/blog/wp-content/uploads/2010/08/Money_Bingo.pdf) or sort coins from a jar into piggy banks (make your own piggy bank from an old Pringles tube). Encourage your child to pick up the coins with thumb and index finger. Money can be a real motivator for lots of kids!

 <b>Money Bingo</b>		
10¢	1¢	5¢
5¢	1¢	25¢
25¢	5¢	10¢

5. **Threading:** Start with a pipe cleaner and big beads. Make this harder using dried spaghetti/ cheerios or by making a paper clip chain.



6. **Paper plate Pinball:** cut, glue and start racing! See who can get through the maze first. See a demo here: <https://buggyandbuddy.com/paper-plate-marble-maze/?jwsorce=c1>



**Have FUN!**