

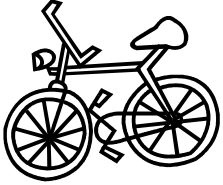






# Top Tips for Developing Gross Motor Skills

Before carrying out any of the activity suggestions below, always prepare your child by discussing the strategies beforehand and let them take the lead as much as possible. Choose the ones that you feel are most appropriate for your child. The lists of activities are not prescriptive and you can vary them. Use a little and often approach to ensure your child has fun with these activities.

| Balance   |  |
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| <br><br><br><br> | <ul style="list-style-type: none"> <li>Engage in sports activities such as swimming, horse riding, bike riding, visit your local sports centre to see what groups are on e.g. gym classes, activity tumble tots. Try clubs or classes such as Tae Kwon Do, Choi Kwon Do, Rainbow's, Brownie's, Guides, Cubs and Scouts.</li> <li>Visit play parks, adventure playgrounds, and soft play areas.</li> <li>Try standing on one leg. How long can you keep your balance for? Can you do this with your eyes closed!?</li> <li>Simon Says, for example, "lift your right arm above your head", or "lift your left foot off the floor". Can you do it with your eyes closed?</li> <li>Get onto your hands and knees (like a dog). Try lifting your hand from the ground without falling over! Put your hand back down, now can you lift up your knee? If you manage that, try lifting a hand and knee off the ground at the same time! How long can you hold your position without falling over? Maybe you could have a competition with your friends.</li> <li>Can you walk over a wobbly surface? For example try walking over an inflated lilo or a mat placed over bean bags.</li> <li>Try walking on wooden stilts, blocks or cans. Can you walk forwards and backwards? You might want to follow a line to help you.</li> <li>Play the Stepping Stones game: Place flat objects such as carpet tiles or pieces of cardboard on the floor like stepping stones. Can you get from one side of the room to another without stepping off?</li> <li>If you have a space hopper practise sitting and bouncing on it. Maybe you could have a race with your friends!</li> </ul> |

| Strength   |   |
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| <br><br> | <ul style="list-style-type: none"> <li>• Do push-ups on the ground or against a wall.</li> <li>• Practise jogging on the spot; remember to keep your knees up. How long can you jog for? Keep a record of your score and try to beat it!</li> <li>• Try doing a puzzle or jigsaw whilst your legs are supported on a bed/settee and your hands are on the floor (take your body weight through your arms).</li> <li>• Can you sit on an invisible air chair? Press your back against a wall, bend your legs and pretend you are sitting on a chair! How long can you stay on the invisible chair?</li> <li>• Have fun playing Twister. If you don't have the game you could make it by using different coloured paper plates and ask a friend to give the instructions. e.g. "Left foot on blue".</li> <li>• Can you design an obstacle course involving climbing on, commando crawling over, under, around, and through tunnels and obstacles? Perhaps you could use duvets; rugs, cushions and the sofa—but ask permission from your Mum or Dad first!</li> <li>• Follow a taped curled or straight line (ask an adult to help you set this out) and move along it forward and backwards in the following ways: Walking heel-to-toe, on heels or sideways.</li> </ul> |
| Ball Skills  |   |
|   | <ul style="list-style-type: none"> <li>• Play skittles or you could make your own using empty plastic bottles with sand/pebbles. Use bean bags or rolled up socks to knock them down. How many can you knock down in one go?</li> <li>• Practise throwing and catching a ball—try using different weights and sizes of ball. You could also use bean bags, cushions, balloons and even a beach ball full of water!</li> <li>• Play Balloon volleyball. How long can you keep the balloon in the air for? You could try doing this whilst standing within a small area e.g. inside a hoop. You could try hitting the balloon with just your left/right hand and then try alternating your hands. Try using a long thin balloon as a bat and a round balloon as a ball. You could then move on to using a normal bat but still hitting a balloon instead of a ball.</li> </ul>  |

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|   | <ul style="list-style-type: none"> <li>• Play bat and ball games—start by throwing a ball in the air and hitting it, then when you can do that, ask a friend to throw the ball to you and see if you can hit it.</li> </ul>  |
| <b>Ball Skills</b>  |  |
|  | <ul style="list-style-type: none"> <li>• Play target games where you stand still and throw something at a target e.g. fuzzy darts, quoits.</li> <li>• Try dribbling a football with your foot around cones. Start with the cones far apart and as you get better move the cones closer together.</li> <li>• Practise kicking a ball to score goals. As you improve, try moving the goal posts closer together, or moving yourself further away from the goal. How many goals can you score?</li> <li>• Practise bouncing and catching a tennis ball with one hand. How many times can you do this without dropping the tennis ball?</li> </ul> |