

## **Developing gross motor skills and body awareness**

### ☺ **Encourage your child to do activities in a variety of positions e.g.**

- ✓ Writing/drawing on a vertical surface e.g. blackboard/whiteboard, paper stuck on a wall, “painting” with water on walls outside
- ✓ Ball games, crafts and board games in different positions on the floor;
  - All fours (hands and knees)
  - High kneeling- on knees with bottom lifted up from floor
  - Half kneeling – one knee on floor and one foot on floor.
  - Lying on your tummy and propping up with arms

### ☺ **Obstacle courses (you can set these up in the home using furniture, pillows, boxes, blankets)**

- Stepping stones i.e. walking from one marker to another.
- Walking along footprints or wiggly lines on the floor
- Walking around objects without touching them
- Hopping, jumping, walking backwards between stages
- Going slowly and going fast
- Crawl along a designated path, through tunnels or under chairs.
- Crawl over different textured fabric or bubble-wrap to provide extra sensory feedback.
- Jumping in and out of hoops, climbing through hoops
- Incorporate directional concepts e.g. forwards, backwards, under, over, sideways, behind, in front

### ☺ **Ball games-throwing, catching, rolling (some of these activities could be done within the home e.g.)**

- Balloons; throwing and catching in both hands, trying to hit the balloon to keep it up in the air for as long as possible.
- Scarves; throwing and catching in both hands
- Bowling- set up skittles (these could be homemade from plastic bottles), try and knock them down by rolling a ball or throwing a beanbag.

### ☺ **Play “Simon says”- Child to copy different body positions**

### ☺ **Day to day activities-Try to think of ways you can add activities into your daily routine e.g.**

- Baking and cooking- stirring mixture holding bowl in one hand and spoon in other, wiping surfaces using big circular movements
- Helping to carry bags, push trolleys
- Add a doing instruction to requests e.g. “hop” to get your shoes, Skip to the lamppost.

### ☺ **Soft play activities that involve lots of climbing, rolling, hopping and jumping**