

Movement and Coordination (Gross Motor Skills)

Gross motor skills are the ability to perform large movements with fluency, accuracy, and precision. It also helps develop postural control for sitting. Children that have gross motor difficulties may experience poor balance, coordination and difficulties sitting at a desk.



This Activity sheet includes advice for Early Years, which means we are helping the child prepare to do these skills, with the view of refining them as the child gets older.

Activities

Ball Skills (throwing and catching)
The ability to catch, throw, and kick a ball often reflect how well a child can balance their body in space, interact with their environment, and coordinate opposing sides of their body.

It is important to start at an achievable level and slowly increase difficulty to help maintain confidence.

Start with 2 handed catching and a small distance between you and the child. You can start with beanbags, balloons or large light beach balls.

- Balloon/beach ball keepy uppy
- Balloon/beach ball tennis
- Target games – setting up a hoop on the floor and getting the child to throw the beanbag into the target
- Skittles or bowling



General Activities

- Wake up shake up routines
- Dancing
- Running
- Playtime
- PE lessons
- Yoga





Early Years Activity Sheet

Balance

- Stepping stones/footprints
- Walking along a marked line
- Musical statues
- Standing on one leg



Coordination:

- Obstacle courses (under, over, slide and climb)
- Balloon tennis
- Lay down bicycle movement
- Heads, shoulders, knees and toes.
- Body awareness cards (Yogarilla game)
- Pegs – attach pegs to child's clothing and get them to reach and pull them off
- Simon Says



Leg (Lower limb) Activities:

- Ride on trike
- Kick scooter
- Walking
- Running
- Animal walks (crab, bear walks)
- Frog jumps and bunny hops
- Bridging – lay on back with feet on floor and knees bent, get the child to lift hips from the floor and back down





Early Years Activity Sheet

Arm (Upper limb) Activities:

- 4-point kneeling
- Using playground equipment such as climbing frames
- Obstacle courses
- Wheelbarrow walks
- Drawing on large whiteboard
- Washing tables/wiping activities
- Arm circles
- Tug of War



Trunk Activities (strengthening core)

- Yoga
- Sitting on wobble cushion
- High kneeling to play games at table
- Prone and supine activities (lying on tummy/lying on back), such as; sea lion position, superman position, knees to chest in lying
- Trampoline (can hold hands of adult or support bar)
- Sitting on exercise ball

