

HOME LEARNING: GROSS MOTOR ACTIVITIES



The activities below can be used to encourage the development of a range of gross motor skills including gross motor coordination, balance, ball skills, shoulder and pelvic stability, and core stability.

INDOOR ACTIVITIES

- Build a pyramid with large plastic cups and use rolled up socks or beanbags to knock them over.
- Climbing in and out of different size cardboard boxes.
- The child lies on their tummy on the sofa and, hanging over the edge, takes weight through their arms. They can play a game in this position.
- Make an obstacle course in the living room using the sofas, cushions, blankets, cardboard boxes etc. for the child to climb over, crawl under, jump across etc.
- Play 'keep-up' with a balloon – pat it with your hands to stop it from dropping onto the floor.
- Simon Says – encourage the child to copy different movements and positions you make.
- The Floor is Lava – put cushions on the floor and the child has to step or jump from one to another and not touch the floor.
- Musical statues - put on music and dance then try to stop moving when the music stops.
- The child tries to balance a beanbag on their head as they move around the room.
- The child crawls on their tummy to blow a ping pong ball along the floor or crawls on all fours to waft the ping pong ball with a fan or a piece of paper.
- Push a beanbag around obstacles on the floor, with a long cardboard tube or a stick of rolled up newspaper.
- Put music on and march to the beat.
- Play a game in kneeling or half kneeling (one knee bent and one knee on the floor).
- Step down from the bottom step and press the foot onto a squeaky toy to make it squeak, without fully stepping down.
- Row the boat – sit on the floor opposite the child with legs outstretched. Hold hands with the child and push and pull as you 'row'.
- Make a spider's web using masking tape across a doorframe. Make balls out of newspaper and throw them at the 'web' to try to make them stick.
- Fill a duvet with cushions, pillows, blankets and soft toys then use it as a crash pad for jumping onto.
- Bridging - the child lies on his/her back on the floor with arms crossed over chest. He/she bends their hips and knees, keeping feet flat, close to their bottom. The child then lifts their hips to create a bridge and holds this position for a few seconds before lowering. Encourage them to keep their hips up by driving a toy car under their bridge or getting one of their toys to 'crawl' under the bridge.
- Use masking tape to make a road for toys cars to drive along and encourage your child to crawl along, driving the car along the roads.
- Jump and grab – stick pictures of favourite characters onto coffee filters or paper plates. Tape a piece of wool or string to the coffee filter or paper plate and then hang these up by taping them somewhere like the top of a doorway. The child must now jump up and try to pull them down.
- The child lies on floor with their legs in the air and pretends to ride a bicycle.
- In an all fours position the child puts paper plates under hands and 'skates' with their hands as they crawl around the floor.
- Action songs e.g. I'm a little teapot, If you're happy and you know it, The Hokey Cokey, Ring-o-ring-a-roses, Heads, shoulders, knees and toes, Here we go round the Mulberry bush etc.

- Animal walks e.g.:
 - Bird – flap arms whilst running around
 - Snake – wriggle on tummy on the floor
 - Bear – walk on hands and feet (knees off floor)
 - Frog – squat down and take big jumps
 - Kangaroo – jump with 2 feet together with something held between the legs
 - Elephant – stomping with heavy feet
 - Penguin – waddle with ankles close together and arms by sides
 - Seal – lie on tummy, push up on arms and move around the floor using the arms whilst dragging legs
 - Crab – sit on floor then take weight through arms and legs to lift bottom off the floor and move around
 - Donkey – in all fours, take weight through arms and kick legs behind, up into the air
 - Flamingo – stand on one leg and hop

OUTDOOR ACTIVITIES

- Throwing and catching with different size balls, beanbags and other suitable items such as soft toys.
- Pushing or pulling a child-sized wheelbarrow around the garden. Fill it with toys etc. and involve the child in an imaginative game.
- Pat bouncing a large ball.
- Throw bean bags or balls of screwed up newspaper into different size boxes or tubs.
- Bat and ball activities - throwing towards or rolling towards the bat. Reduce the size of the ball to make it more difficult. If you haven't got a bat, use a cardboard tube or a stick of rolled up newspaper.
- Swing ball.
- Play tug of war with a towel.
- Kicking or rolling a ball into a goal
- Water relay – transfer water from one bucket to another using a sponge. Place the buckets at a distance from each other and encourage the child to run from one to the other, wringing out the water from the sponge.
- Use plastic bottles as skittles and roll a ball to knock them over.
- Throw water balloons to try to make them splat.
- Hang balloons on the washing line and use a cardboard tube to try to bash them down. You can do this inside if you string up a line somewhere with lots of space.
- Chalk out a hopscotch pattern on paving and hop or jump from square to square.
- Chalk a line on paving or use masking tape to make line – the child can walk along it forwards, backwards, on tiptoes or heel to toe, or jump from side to side along the it.
- Wriggle a rope and encourage the child to jump over it.
- Walking outdoors in places with different terrains so the child has to walk over rough ground and uneven surfaces, climb over styles or up inclines, and/or walk in wellies through water and mud.
- Raking up leaves, digging with a spade or using a watering can in the garden.
- Use round plastic lids or paper plates as frisbees and see how far you can throw them
- Knee-tap walk – encourage the child to raise their knee and touch it with the opposite hand as they walk along.
- Cut a pool noodle in half and use it as a balance beam.
- Lie a blanket on the lawn and weigh down two opposite sides. Encourage the child to crawl under it like a tunnel.
- Put a number of soft toys in a plastic bucket or basket and place this on an old blanket. The child holds the end of the blanket to pull the bucket of toys around the garden.

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