Let’s get moving!

Here are some ideas to help increase children’s physical activity. It is important that children have the opportunities to develop both fine and gross motor skills in tandem.

**Gross motor skills**

Your child needs to develop control in large (gross) body movement to enable them to manage control in smaller (fine) movements

March

Climb

Run

Skip

Crawl

Walk

Football

Catch

Pedal

Gallop

Tiptoe

Jump

Swim

Leap

Balance

Hop

Obstacle Courses

To develop core stability encourage your child to engage with activities in different positions

Half Kneeling

Lying on Tummy

Kneeling

Standing

Tall Kneeling

To develop hand eye co-ordination engage with any activity where your child needs to get their eyes and hands to work together!

Filling and Emptying Containers

Ball skills

Catching Bubbles

Skittles

Balloon Games

**Fine motor skills**



Grasp

Control

Twist

Hand Dominance

Squeeze

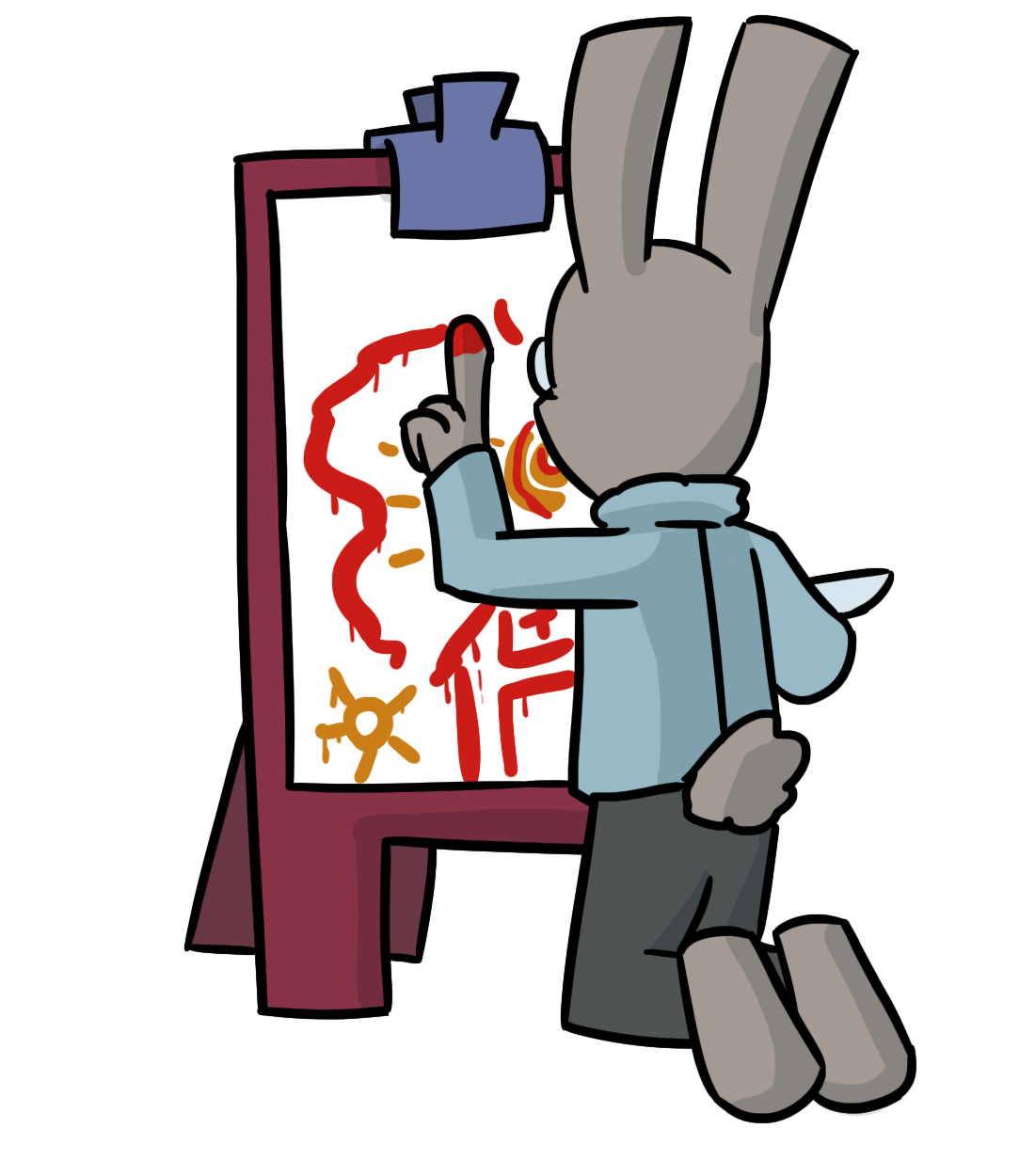
Manipulate

Activities to help develop fine motor skills:-



Work with clothes pegs to hang out washing

Pegboards



Making

jewellery

Paints

Playing with sand and water

Have fun with Spray Bottles

Working with playdough- roll, cut, squeeze, pinch

Threading with beads or pasta

Use tweezers

Paint outside with a big brush and water

Construction materials

Chalks

Lacing

Baking

Dressing and undressing dolls

Finger paint

Messy play with foam