

Fun activities to continue the development of fine and gross motor skills in children

Fine Motor

- * Any cutting or tearing activities using different types of paper and card
- * Dot to dots
- * Colouring
- * Finishing the picture
- * Taking a line for a walk – practice straight, curved, wiggly lines.
- * Blowing bubbles, popping bubbles using pointed finger, clapping, stamping
- * Finger painting
- * Pegs: Time your child to see how long it takes to put the pegs around the edge of a small box. Encourage them to only use a pincer grip (thumb and index finger). This can be extended to timing putting the pegs on then taking them off. Keep a record – the children love to try to beat their score.
- * Money: Use 10 x 2p coins. Put them in a line and then have a money box or small box with a slot cut into the lid. The children then post the coins in as quickly as they can using the pincer grip again. No sliding the coins off the table!!! Can they beat their time?
- * Beads: Threading beads, or objects onto a string. How many can they do in a minute?
- * Chalk letter shapes on a wall, also big shapes and lines
- * Make a paper boat or paper hat.
- * How many times can you fold a piece of paper in half?
- * Simple sewing cards, tying shoelaces,
- * Playdough – squeeze, manipulate into shapes, (e.g. sausage, balls) make a model agreed beforehand; make the letters of their name, roll into a sausage, cut into small pieces. Roll pieces between finger tips. Can they do both hands at the same time?
- * Use tongs or tweezers to pick up objects
- * Trace/copy different line patterns

Gross Motor

- * Walking along walls
- * Monkey bars at the park
- * Jumping 2 feet together from square to square on the patio.
- * Climbing, using hands and feet.
- * Pulling themselves up slopes using a rope
- * Making a bridge using their shoulders and flat feet as support. Hold for 5 seconds and rest developing to 10s. Also try to pass a bean bag/soft toy around their bodies. 5 times one way, then 5 times the other.
- * Commando crawling keeping their tummies on the floor. Only use arms and elbows, no feet.
- * Throwing and catching balls
- * Walking on the knees with arms by their sides, above their head, arms folded
- * Trampolining – practice jumping keeping both feet together.
- * Using a skipping rope as a tramline to walk along, jump over, make it wiggle, can it chase you?
- * Egg roll – sit on floor hugging knees. Roll backwards and then try to sit up into their original position.
- * Pencil roll – roll along the floor as straight as possible. Keep arms next to ears and body as straight as you can.
- * Chair push-ups: on a child sized chair can the child put their hands on either side of the chair and push up. Can they hold for 5 seconds?
- * Spider walking – can your child walk on their hands and feet (see picture) backwards for 2-3 metres? If they find it hard to keep their bottom off the floor can they balance a toy on their tummy? As their endurance increases make the distance longer, perhaps with some obstacles. Try moving forwards too.
- * “Yoga squat” – crouch down in a squat and hold for increasing amounts of time. Can they beat their record?
- * Superman poses. From a crawl position, hold right hand out for 5s, then put down. Then left hand, then right leg and then left leg. Then can they put out left hand and right leg? How about right hand and left leg?



HAVE FUN!!!!