

GROSS MOTOR FOR EYES IDEAS FOR THE CLASSROOM

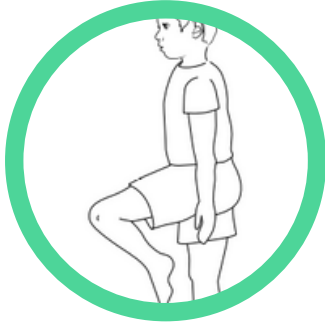
10 easy ideas for developing:

- Balance
- Core Strength
- Arm and Shoulder strength
and control



BALANCE

Static



- Balancing on one leg/ statues (can hold on for support)



- balls on kitchen rolls/ tubes



- balancing objects on hands, feet, sitting down/ standing up.



- Yoga (cosmic kids)



- Balancing objects on head. Can make this dynamic by adding movement

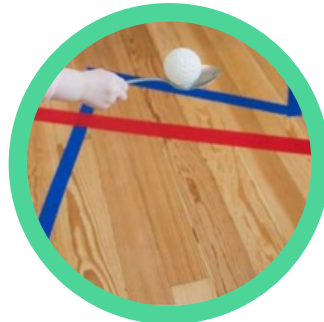
Dynamic



- lily pad or other shape to step along/ balance. Add numbers/ dice for maths!



- create balance beams from equipment, some on floor, some off ground



- lines of tape on floor, add egg and spoon type activity for challenge



- boxes to walk in - could colour code for a game like twister



- hoops in a line, next to each other, diagonal - to jump and step in

CORE STRENGTH



- heavy lifting, pushing wheelbarrow



- drawing/ writing opportunities lying on tummy



- lying on back holding ball with feet - raising and lowering.



- twister or home made version with coloured spots



- picking balls/ objects out up with feet (out of water!)



- lying on cushions/ chairs/ benches while playing with resources on the floor



- Animal walks - crab walk, frog jump, donkey kick etc



- Hands and feet on floor - challenge to get balls from one bowl into another.



- airplane catch - lying on tummy rolling the ball to a partner



- hands and knees position - drawing or placing stickers onto paper on the wall.

ARM AND SHOULDER STRENGTH AND CONTROL



- lying on floor, drawing on underside of tables



- pulling own weight along a bench or object



- vertical surfaces for mark making



- paint rollers or paintbrush stick to big stick. Weight helps.



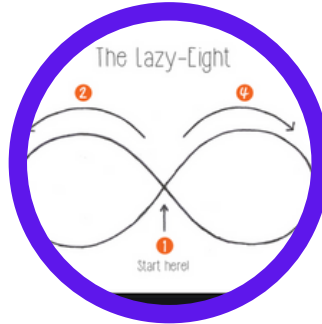
- resources stuck to wall to increase stretch - Duplo/ Lego boards on wall



- climbing involving ropes, bars for child to hold on.



- clothes line and pegs (at height)



- drawing figures of 8 and lazy 8. Keeping arm straight needs more strength



- throwing balls, at target/ ball games



- skipping with hoop or rope