

Motor skills development

Developing and refining motor skills is important for managing everyday functional tasks. The following activities provide the opportunity for a wide repertoire of movement experiences which will lay the foundations for better co-ordination. Use plenty of activities and games which provide "heavy work" for the muscles. Incorporate as much as you can into your child's day. Any activities which provide "push/pull" force through the arms and legs are appropriate.

Pushing and pulling- pushing open heavy doors, vacuuming, pushing supermarket trolley, carrying heavy things, digging, raking, tug-of-war, leap frog, punching a punchbag or big cushion, carrying groceries or library books in a rucksack, carrying rubbish to the dustbin, pushing hands or feet with a partner, propelling self on scooter board, pulling self along a bench or pulling along a rope whilst sitting on a mat.



Wheel barrow games- Races around obstacles, over mats. Support the child at the hips initially until they have strength to be supported near knees and then ankles.



Animal walks- Encourage the child to walk like different animals incorporating lying on their tummy or walking on their hands, feet and knees. Include commando crawling like a snake. See if the child can lie on their tummy resting on their forearms to play a game.



Rolling games- Using a therapy ball, roll or pile of cushions see if the child can roll over them to throw an object into a container or to pick an object up. Play rolling games such as rolling in grass, rolling down a hill, rolling up in a blanket and then rolled out quickly, rolling over to knock down skittles.



Kid sandwiches and parcels- Have the child lie between a pile of cushions, pillows etc. and gently apply pressure all over the child's body, using a therapy ball or another pillow/cushion. Have the child sit or lie curled up on a sheet or blanket and wrap him/her up; ask how quickly the child can find a way out.

Flexion activities- using the muscles on the front of the body to curl the body up. The child lies on their back and makes themselves into a small pea. The child lies with their back on a scooter board and pushes themselves off the wall.



Ball games- Catching, throwing and kicking different sized balls.

Movement activities- Going on a trampoline (try star jumps, tuck jumps, putting feet and hands forward and swapping), having a pillow fight, going swimming, horse riding, judo, use monkey bars, trapeze or overhead bars, climbing frames, adventure playgrounds, make up obstacle courses

