

# Gross Motor Skills - Activities to Promote Running

Running requires a child to co-ordinate the movement of their legs and feet whilst using their arms to maintain balance and stability. Children with a physical disability may require any aid to support mobility, e.g. crutches, sticks, walking frame or wheelchair. It would be advisable to liaise with the child's physiotherapist for specific advice about the child's abilities.

## Resources:

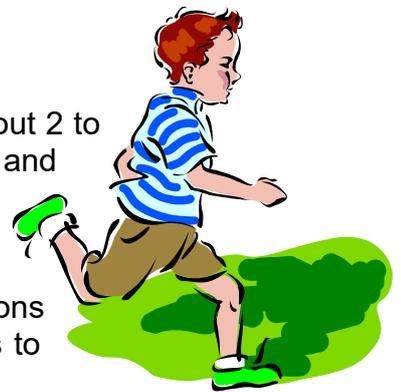
Balls, bean bags, chair, chalk, drum, footprints, hoops, marker spots, quoits, table, tennis ball, newspaper, trampette

## What to do:

Balls, hoops - following a ball or hoop across the floor.

Bean bags - spread differently coloured beanbags on the floor about 2 to 3 meters away from the child. Ask the child to collect a beanbag and bring it back to you. Progress to requesting a named colour, e.g. "Bring back the yellow beanbag".

Cones or marker spots - encourage the child to listen to instructions "Ready, steady, run to the cone" then run back to you. Progress to stating a named colour, e.g. "Run to the blue cone".



Pairs games - two children stand opposite each other standing on a spot. Ask one child to run towards their partner. The second child then runs to the opposite spot.

## Extension Activities:

Stop / Go game - ask the children to stand on a marker spot. Say "Ready, steady go" the children move around the play area. After a few seconds, say "Stop!" the children stop, bringing their feet together. You could progress the game by clapping - 1 clap for go, 2 claps for stop.

Wild animals - pretend to move like an animal e.g. stamping like an elephant, walking tall like a giraffe.

## Top Tips:

Demonstrate a running stance - one foot in front of the other, knees bent, bottom lowered as if getting ready to sit down.

Demonstrate activities to show the children a good motor pattern. It may prove helpful to choose a child who is a 'good mover' to model the activities.