

Gross Motor Skills - Activities to Promote Co-ordination and Sequencing Skills

Resources:

Bean bag, ball, hoop, length of piece of material, ribbon, skipping rope



What to do:

Encourage the children to form a circle, either sitting on the floor or on chairs*.

Without using any equipment model one simple action i.e. clap hands, point to the floor, touch the knee, wave.

The child to the right of the adult is asked to copy the action, the next child follows, this carries on around the circle until all the children have copied the action.

Initially the adult may need to point to each child individually, to cue them in.

Add a second action, e.g. two hand claps then put your hands on your knees.

Next try using an object, a bean bag or ball, pass it around the circle.

Add another action, e.g. touch the ball on your knees or lift it up in the air.



Extension activities:

Create a 3 action sequence activity, using the floor space e.g. pick up a ball, move along a paper trail, put the ball in the hoop.

Ladder climbing - encourage the child to climb the rungs by using opposite hand and foot movements, e.g. left arm, right foot, then right hand, left foot.

Top Tips:

Always start the group with one simple action.

Ensure that all children can join in by using an action you know they can imitate i.e. moving a finger or a foot.

Give children opportunities to repeat the activities and time to practice sequences. Some children may benefit from one-to-one sessions.

Try setting up a small group, for example 2 to 4 children - then move to a larger group when the children are more familiar with the sessions.

Verbal instructions - need to be clear and simple, allow time for processing.

*To include a child in a wheelchair ask all the children to sit on a chair.

