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Children's Therapies Department  
Royal United Hospital  
Combe Park  
Bath  
BA1 3NG

Tel: 01225 824220

[ruh\\_tr.childrenstherapies@nhs.net](mailto:ruh_tr.childrenstherapies@nhs.net)

## **Children's Occupational Therapy Department**

### **Motor Activities for Primary School Children**

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It is very important that you do these activities, and they should be seen as part of the process of meeting the child's needs.

If you start by doing the initial activity in each area first, working through them and finding out what you child finds difficult.

You should be practicing 1-2 skills from each area for a week and then changing them unless your child is motivated to master something and wants to keep going. It is important to make the ideas fun. If the child is finding the activity easy at all please move on.

#### **Balance Activities**

- Walk along line: draw a line or get them to practice walking on a rope on the floor.
- Stepping stones (You can use newspaper but spread the "stones" out around the room and around the house or garden)
- Standing on one leg
- Hop in squares (You can draw squares outside or you can use newspaper squares)
- Hop then Stop! (Child to hop a few times and then stop, balance on one leg and then hop again. You can do it for various amounts of hops)
- Heel toe walking: the child needs to walk along a line with each step the heel touching the toe
- Hop on left and then on right foot without stopping



## **Ball Skills**

- Roll a ball between posts
- Kick a ball through posts to a target
- Throw and catch ball (Grade as below)
  - Football or similar
  - Small Ball/ Beanbag
  - Tennis Ball
- Bouncing ball (you can draw a circle on floor and bounce the ball in the circle if it helps)
- Throw a ball overhead with 2 hands
- Bounce a ball against a wall (again you can change the size of the ball). Initially catch with 2 hands



## **Co-ordination Activities**

- Draw shapes in air with ribbon or tie ribbon to stick to draw shapes.
- Jump 2 feet together
  - Do this backwards and forwards over line
  - Sideways over line
- Throw and catch a beanbag. You can start very close and move further and further away. Encourage your child to catch with hands rather than with body.
- Throw beanbag into box from various distances. Start with a large box
- Log rolling. Get the child to lie on floor with arms above head and practice rolling. (You can make this more interesting by rolling over bubble wrap etc.) You are aiming for the child to roll in a straight line
- Bunny hops
- Play Statues and encourage your child to be stable. You can try and push them over (do not try too hard)
- Getting the child to transfer objects from one side to another, reaching over with opposite hand
- Draw around fingers with flat hand
- 2 Foot Jumps in squares (can be done on newspaper squares )
- Star Jumps
- Practice thumb finger opposition (take thumb to each finger in turn and back again, you are aiming for it to be fluent)
- Practice Obstacle courses; get the child to design a course. Using the skills they have learnt.



## Activities for your child's hands

- Open/close hands several times and then give them a good shake before writing or similar activity
- Drumming fingers on table
- Work with play dough or silly putty or similar
- Construction activities
- Threading activities
- Tearing paper for collage
- Dot-to-Dot activities
- Simple origami
- Drawing on large whiteboard/blackboard (encourage your child to make large movements)
- Encourage the child to doodle with both hands
- Colouring
- Maze books (where the child has to find a way around printed mazes)



## Organisational Advice

- Use short activities (Break tasks down into small steps if child finds things difficult)
- Give clear short instructions
- When playing games ask your child to demonstrate and review how to play the game before starting
- If at all possible avoid rushing, help your child to prepare belongings and allow time to ensure your child knows how to start and finish task
- Ensure your child is given lots of encouragement, remembering they are trying hard you could say something like:  
*"That was good now let's see if we can ensure the activity is successful by trying it this way..."*

