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Activities to promote Motor Planning ...

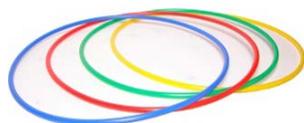
What is Motor Planning?

Motor planning refers to the ability to work out the plan of action before engaging in a motor activity. In order to do this we need to draw on past movement experiences and to organise them into a correct sequence of movement.

Activities to Develop Motor Planning Skills

Gross motor

- Simon Says type games requiring the child to copy movements or follow instructions e.g. jump, hop, stand on one leg.
- Hopscotch
- Animal walks: play games where your child walks like a crab, mouse, frog, worm, elephant, kangaroo, and rabbit.
- A variety of obstacle courses are one of the most useful activities for motor planning:
 - **Under** tables, chairs, blankets, duvets, tables draped in sheets.
 - **Over** soft and hard surfaces - various heights to step over or clamber over.
 - **Through** hoops, climbing frames, rubber rings, cardboard boxes etc.
 - **Changes of direction** clockwise/anti-clockwise, always turning left or right.
 - **Different postures** tiptoe, one foot in front of the other, crawling commando-crawling, snaking, and lying on scooter board.



- Walking around chairs - position two chairs about two to three metres apart. See if you and your child can walk around the chairs while hitting a balloon to keep it up in the air.
- Running and weaving between objects - place boxes about one to two metres apart and encourage running and weaving in between the boxes without knocking into them.
- Ladder walk - place a ladder on the ground and see if you child can walk between the rungs forwards, backwards and sideways. See if she can then do it while she is carrying something, for example a beach ball, box or large toy.
- Following a map for treasure or playing “hot” and “cold” game.



Fine Motor

- Pick up sticks game
- Jigsaws of different shapes and sizes
- Origami and paper folding activities such as aeroplanes, windmills
- Threading with cubes, beans, pasta and with threading cards

