

# Balance

## Kneel Walking

### Purpose

To improve balance.  
To improve body awareness.  
To improve directional ability.  
To improve ability to move backwards in space.

### Activity

**Kneeling, walk forwards, backwards, sideways.**

### Make it easier

Catch and throw a large ball in kneeling while child is still.  
“Kick” ball with knee while kneeling.

### Make it harder

Catch and throw the ball while the child is moving

### Also:

Proprioception and Sensory Perception  
Planning and Sequencing  
Body and Spatial Awareness

### Equipment

Medium sized ball



# Body Awareness

## Simon Says

### Purpose

To promote body awareness. To increase ability to follow instructions.  
To encourage midline crossing.  
To improve attention and listening skills.

### Activity

Adult says, 'Simon says do this.' and adopts a body position or pose for the children to copy.

If the adult says, 'Do this', without the 'Simon says', then the children should not copy. Depending on the group those who respond incorrectly could be "out". Some children might be very sensitive to being "out".

### Make it easier

Adopt simple poses.

### Make it harder

Children could take it in turns to be 'Simon'.  
Close eyes

Also:
Planning and Sequencing
Equipment
None



# Postural Control

## Balloon Game

### Purpose

To improve trunk stability.  
To develop grading of movement.

### Activity

Children sitting in a circle, crossed legged, try to keep a balloon in the air.

### Make it easier

Use large balloon blown up softly. Keep gaps between children small.

### Make it harder

Use a small balloon.  
Have larger gaps between the children so that they have to reach further.

### Also:

Visual Skills  
Planning and Sequencing

### Equipment

Balloons



# Ball Skills

## Ball Rolling

### Purpose

To improve ability to visually track the progress of a large ball.  
To launch a stationary ball and catch.

### Activity

**Roll ball along small gap between two benches, run to the end in time to catch the ball.**

### Make it easier

Use a large/heavy ball.  
Increase the distance between the benches to slow the progress of the ball.

**Make it harder** Use a lighter ball. Use a smaller ball.

Place the benches closer together.  
Roll between skipping ropes / lines  
taped on floor

### Also:

Visual Perception  
Motor Planning and Sequencing

### Equipment

Variety of ball sizes  
Two benches



# Bilateral Skills

## Paper Tearing

### Purpose

To promote the ability to use both hands together.  
To promote wrist rotation.

### Activity

**Children tear tissue paper to make a collage.**

#### To make it easier

Place hands over child's, to guide movement.  
Draw a simple outline to stick the torn tissue into.

#### To make it harder

Use a more complicated picture. Use  
pictures on thicker paper e.g. magazines.

Also:
Fine Motor Motor Planning and Sequencing
<b>Equipment</b>
Tissue Paper Glue Paper



# Proprioception & Sensory

## Arm Windmills

### Purpose

- To improve perception of movement.
- To improve symmetry.
- To improve coordination.

### Activity

**While standing with feet slightly apart, children rotate arms from the shoulder. Backwards together. Forwards together. One forwards and one backwards.**

### Make it easier

Start with one arm.

### Make it harder

- Swing arms across body.
- Hold ribbons / scarves
- Try to make shapes, or write name in the air.



### Also:

Postural Control  
Body and Spatial Awareness

### Equipment

Scarves  
Ribbons



I hope you have enjoyed these activities to help with motor coordination difficulties.  
If you would like to see more of these please drop me an email:

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