Suggestions for Improving Motor Skills

Fine Motor Activities:



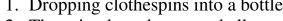
- 2. Throwing bean bags or a ball at a specific target.
- 3. Use tongs or tweezers and practice picking up items and putting them someplace else. (Use cotton balls, beads, macaroni, scraps of material).
- 4. Use an eyedropper or spoon and transfer water from one glass to another.
- 5. Pinch, roll, push, pull, and squeeze clay with each finger.
- 6. Trace objects trough tracing paper using things like circles, squares, triangles, etc.
- 7. String beads on a shoe lace or other objects that have holes such as Cheerios, macaroni, or thread spools.
- 8. Fold and unfold paper. Fold into 1/2, 1/4, 1/8, or whatever size.

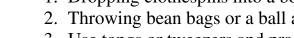


Large Motor Activities:

- 1. Kicking a ball- work on foot dominance—have child select foot.
- 2. Balance on each foot for several seconds, increase the time on each foot alternating between having your eyes open and closed.
- 3. Hop to a predetermined spot while holding an object.
- 4. Squat down and walk for distance (increase distance for endurance).
- 5. Wheel-barrel walk with someone holding legs (balance).
- 6. Squat down and then jump to a two foot stand.
- 7. Walk on all fours and push a ball (for a certain distance) with the head.
- 8. Running for distance, jogging or walking.
- 9. Sitting down, rock forward, backward, sideways and in circles.
- 10. Throw and catch balls of different sizes.
- 11. Review basic locomotor skills: roll, creep, crawl, walk, run, hop, skip, jump, leap, slide, gallop.
- 12. Any physical activities that involve large muscle development.









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