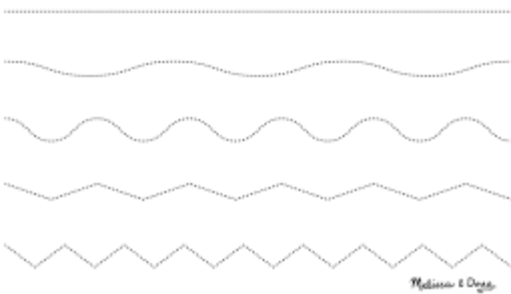## Physical Activities

Fine motor skill activities

Scissor skills – You need a child friendly pair of scissors and a variety of items ready for your child to cut.

SCISSOR SKILLS
Practice your scissor skills by cutting along the dotted lines.

Activity 1 – Straws- Straws are a nice easy object to get hold of and don't make too much mess being cut up. Encourage maths in this activity. Can they cut a small piece off the straw? Can they cut a long piece off? Can they cut it into half?

If this is easy for your child then try to draw lines on a piece of paper, one being straight, one zig zag line and maybe one shape. Can your child draw along the line or around the shape? Have they got good control whilst holding the scissors? Are they using a certain hand each time?

Activity 2 – Threading – Have a colander ready and either string, pipe cleaners or straws. Demonstrate threading the chosen object through the colander. Then see if they can try. Can they thread the object through the holes? Are they showing use of a dominant hand?

To make this activity a little more challenging maybe add different sized straws; Can they problem-solve which straws will fit through the holes?

Activity 3 – Using tweezers. Have you got a pair of tweezers/ tongs? Use these to pick up objects such as pom poms, scrunched up paper, fruit or veg, pasta.

Have 2 bowls ready, 1 empty and 1 full of pom poms/ scrunched up paper/pasta. Can your child transfer the objects using the tweezers/tongs from one bowl to another? Can they find other objects around the house they can pick up?

Gross motor skills

Throwing/ Catching/ Rolling

Activity 1 – Have a bucket ready. Can your child throw the ball into the bucket? If you have a hoop, can they throw the ball into the hoop? To make this a little more challenging, can they throw the ball through the hoop?

If you were to throw the ball can they catch it?

If you have more than one child can your children follow instructions and roll the ball to each other as you say one name at a time?

If they can do all this and you have a few objects you can use as cones, see if they can dribble the ball around the cones/objects.