



# NEWBRIDGE OUTREACH

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## Box 2

## Stage 1

<p><b>Ribbon rush</b></p>	<p>Index finger isolation Using two hands Wrist rotation</p>	
<p><b>Toppling tees + fingers</b></p>	<p>Pincer Grip Hand arches Wrist rotation Finger strength</p>	
<p><b>Angry birds</b></p>	<p>Pincer grip Using two hands Wrist rotation Finger strength</p>	
<p><b>Five minute flick</b></p>	<p>Pincer Grip Finger strength Index finger isolation</p>	
<p><b>Crack an egg</b></p>	<p>Pincer Grip Using two hands Finger strength Wrist rotation</p>	
<p><b>Resistance with stubby crayons</b></p>	<p>Pencil grip Pincer grip Finger strength</p>	
<p><b>Peggy colours -3D</b></p>	<p>Wrist rotation Pincer grip Finger strength Visual motor/perception</p>	