









Ideas on different activities to do with your children that cover the main sections of this presentation

Gross Motor before Fine Motor

	<p>Tape a pen on the end of a car. Lay some paper on the floor and ask child to lay on their tummy and draw with the car. Encourage child to draw in large arc shapes. Who many can they do?</p>		<p>Using a wheelbarrow or buggy/pram. Place toys around the house or garden and ask child to push their buggy etc. to go and collect them. How quick can they manoeuvre the buggy and collect the toys?</p>
	<p>Place a series of playdough balls on the table. Ask child to 'smash' them with either his flat hand or using a tool such as a masher</p>		<p>Using masking tape or chalk mark out a route on the floor. Give child a large car/truck and ask them to 'drive' their car along the track.</p>

Developing the core


	<p>Get a bucket of water and a brush and ask the child to 'paint' the house or fence. Encourage them to do large movements</p>		<p>If you have access to a trampoline, ask the child do bounce as many times as they can in one minute.</p>
	<p>Whizz balls can be purchased for £1. Make sure the child extends their arms each turn</p>		<p>Get the child to high knee (no sitting back on legs) whilst playing at a suitable table</p>

More information at:


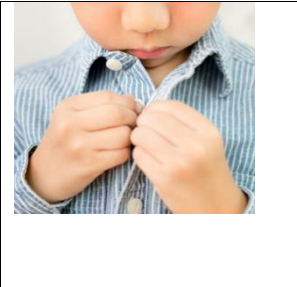
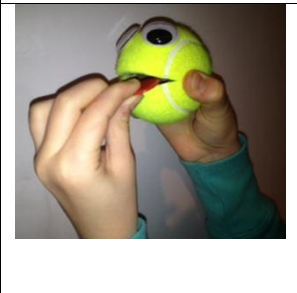
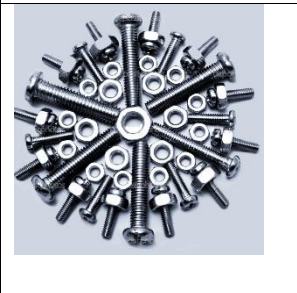
<http://redbridgeserc.org/resources/category/gross-motor-activity-packs>

## SUPPORT HANDWRITING AND FINE MOTOR SKILLS - HANDOUT

### Sitting for Success

	<p>Ensure your child is sitting correctly.</p> <ul style="list-style-type: none"> <li>• Feet on the ground</li> <li>• Bottom to the back of the chair</li> <li>• Back upright</li> </ul> <p>Now the body and brain are ready to learn</p>
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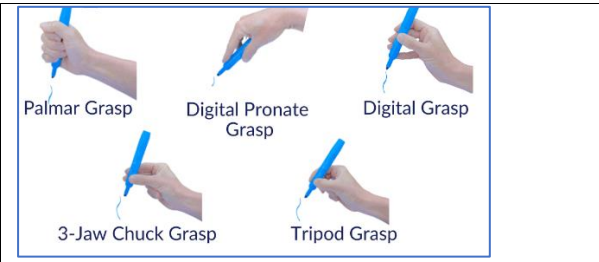
### Fine Motor Skills

	<p><u>Pegs</u> Great for developing:</p> <ul style="list-style-type: none"> <li>• Pincer grip</li> <li>• Finger strength</li> <li>• Wrist Rotation</li> <li>• Two hands</li> </ul>		<p><u>Buttons</u> Great for developing</p> <ul style="list-style-type: none"> <li>• Pincer grip</li> <li>• Finger strength</li> <li>• Wrist manipulation</li> <li>• Two hands</li> </ul>
	<p><u>Pac Man</u> Great for developing</p> <ul style="list-style-type: none"> <li>• Pincer grip</li> <li>• Finger strength</li> <li>• Visual and Motor perception</li> </ul>		<p><u>Nuts and bolts</u> Great for developing</p> <ul style="list-style-type: none"> <li>• Pincer grip</li> <li>• Manipulation</li> <li>• Wrist and hand rotation</li> <li>• Finger strength</li> </ul>

For additional information at:

<http://redbridgeserc.org/resources/category/fine-motor-boxes-stage-1-9-free-to-download>

### Pencil Grasps

	<p><u>Pencil grasps develop over time.</u></p> <p>The desirable tripod grasp generally develops sometime after 4 ½ years old. However, after 10 years old, it is difficult to adjust the grasp that's developed.</p>
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### ICT for Fine Motor Skills

 <p><u>Writing Wizard</u> Pre writing, letter formation</p>	 <p><u>Dexterity</u> Fine motor development</p>	 <p><u>Bugs and Buttons</u> Speed and precision</p>
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More info at: <http://redbridgeserc.org/resources/category/fine-motor-handwriting-app>