**Helping to Improve Motor Skills**

Make sure that these activities are fun for you and your child. Give lots of praise and encouragement. Do not add pressure to child or yourself!

***Gross Motor Skills –***

* visit play areas with climbing equipment, tunnels etc;
* walk as often as possible;
* make obstacle courses through furniture/in the garden for child to crawl through;
* play balloon/ball games;
* play ‘wheelbarrow’ games; push-ups; wall push-ups;
* play swingball;
* skittle games;
* targets e.g. throwing a beanbag into waste bin – if successful increase the distance etc;
* swimming.

Liaise with school and practice the skills that will be needed in PE e.g. throwing/catching a ball.

***Fine Motor Skills –***

* rolling pastry/chappattis;
* playing with playdough/plasticine;
* popping bubblewrap;
* finger puppets;
* pick a stick games;
* place a small ball/rolled sock in the palm of hand and tap it one finger at a time, increasing speed as appropriate;
* play with toys such as ‘Etch a Sketch.

***Visual Perception/hand-eye coordination –***

* play matching games e.g. dominoes, snap, pairs;
* jigsaws at right level and with adult help and encourage;
* dot to dot books;
* word searches; mazes;
* ‘Where’s Wally?’ books;
* Remote control cars;
* Throwing and catching a small ball or toy in the air or to a friend;
* Pelmanism.