Physical Activities to Improve Motor Skills

SURREY PLACE

Canadian guidelines states "school-aged children should be active for at least 60 minutes everyday doing things that make their heart beat faster".
https://www.cps.ca

There are many benefits to increasing physical activity levels and decreasing sedentary behaviours such as:

- Maintaining healthy body weight
- Develop social skills
- Develop self-confidence
- Improve motor skills
- Improve learning and attention

GROSS MOTOR ACTIVITIES

- Animal walks: hopping like a bunny, stomp like a bear, jumping like a kangaroo
- Create an obstacle course when you go for walks: jump over side walk cracks, puddles, walk on tip toes on the curb
- Rope walk: lay a piece of yarn/rope/tape on ground and walk heel-toe along it. Model it! Change it up: make the line curvy, do it backwards, walk on tip-toes, walk on heels.
- Obstacle course at home: use cushions, chairs, cardboard boxes, bubble wrap. Model it! Incorporate jumping over, stumping, crawling, walking, galloping and skipping.
- Hopscotch is great for promoting jumping, bilateral coordination of legs, balance and gets the heart rate going!

FINE MOTOR ACTIVITIES

- Colour in a cardboard box to make a cave
- Draw with chalks or washable markers on the side walk or fences or windows
- Work on hand strength and scissor grasp by watering plants with a spray bottle or spray head on hose
- Work on bilateral coordination of hands by making homemade playdoh by getting the child to help stir and knead
- Tactile sensory play using different textures: paint or write on sand paper, bubble wrap, aluminum foil

INCREASE PHYSICAL ACTIVITIES INTO YOUR DAILY ROUTINE

- Put preferred items slightly higher so the child has to step on/off a step stool to get it
- Let the child get the food or toy that's been requested instead of bringing it to him/her/they
- Get the child to help carry the laundry basket, groceries, school bags
- Take the stairs instead of the elevator
- Watch TV or tablets in standing, on tummy, on a stool instead of the couch