



## Motor Planning Activities

**Sequence of movements:** for example - crawling through tunnels, hoops, climbing up steps, jumping off boxes, walking along beams. Try one or two instructions before building up more.

**Resources:** Large area, hoops, beams, boxes, tunnel, mats.

**Traffic light game:** Children run around, when shown a red circle they stand still, when shown an amber circle they get ready to run and when green circle is shown they run around.

**Resources:** Circles, (red, amber, green) large area.

**Bean Game:** When adult calls out 'Jelly Bean' children wobble, 'Broad Bean' stretch arms and legs out, 'Runner Bean' children to run around, 'String Bean' standing tall arms stretched above head and 'Baked Bean' roll into a ball on the floor.

**Resources:** Large area, visual props.

**Treacle Game:** Children run around, adult calls 'Treacle' children stops as if stuck on the spot.

**Resources:** Large area.

**Growing Game:** Children pretend to be tiny seeds, rolled up into a ball on the floor, adult pretends to water them, children slowly grow getting taller, arms stretched tall over head, moving arms to form a circle like a flower. Children could also work in small groups, taking turns.

**Resources:** Large area, watering can.

**Obstacle Course:** Moving around traffic cones, may use bikes or large ball. Then change direction and repeat.

**Resources:** Traffic cones, bikes, balls.

**Standing Balance:** Bending to pick up a ball then return to standing throwing it to partner, then partner rolls ball back.

**Resources:** May need wall for support, Ball.

**Activities standing on a low stool:** E.g. blowing bubbles, clap a rhythm.

**Resources:** Low stool, bubbles.

## Early Years Support & Assessment Team (EYSAT)

**Walking Balance:** Walking over uneven ground, e.g. gravel paths, bubble wrap, mattress and ropes.

**Resources:** Variety of textured surfaces.

**Elephant Game:** Chalk large circle on floor, children called one at a time to balance, walking carefully around the circle (may also use string or rope). When all the children have been called and circle is full the children fall in the centre of the circle (see song).

**Resources:** Song: 'One little elephant balancing step by step on a piece of string, he thought it such enormous fun he called for another elephant to come then the sting breaks and they all fall in'.

**Crawling:** Bear walking (on all fours) and crab walking (on all fours facing upwards).

**Simon Says:** Games that involve the naming of body parts and touching body parts. E.g. 'Simon says, touch your knees'.

**Moving:** Moving using different parts of the body E.g. heels only, toes only, bottom, feet and one hand.

**Musical Statues:** Talk about the positions help by different parts of the body. A variation is for the child to stop and touch the floor with different parts of the body e.g. knees and hands.