



Highlands Gross Motor Activities for week of 5/11:

Activity	Tall Kneeling Balloon Volleyball
Materials	Balloon or beach ball
Skills Targeted	Core strength, Balance, Coordination
Instructions:	<p>Tall kneel on the floor with at least 5 feet apart from each other. Place a cushion such as a pillow, couch cushion or mat in front of you. Play volleyball by keeping the balloon (or beach ball) off the floor for as long as you can. Ensure you do not sit on your feet to develop core strength.</p> 
Modifications:	<p>If tall kneeling is difficult you can place an ottoman or chair in front of the child to help support this position.</p> <p>If unable to obtain a tall kneeling position you can play in a sitting crisscross position on the floor.</p> <p>To make this more challenging you can vary the distance between players or use half kneel.</p>

Activity	Bean Bag Toss Games
Materials	Bean bag (rolled sock or stuffed animal), laundry basket (or open box), string, cardboard
Skills Targeted	Strength, coordination and motor planning
Instructions:	<p>You can use a bean bag, rolled sock, or a stuffed animal. Practice throwing the bean bag into one of the following targets:</p> <ul style="list-style-type: none"> <li>• Laundry basket or open box.</li> <li>• A hole cut into a piece of cardboard.</li> <li>• Under a rope.</li> </ul>

	<ul style="list-style-type: none"> <li>• Over a rope.</li> </ul> 
<p>Modifications</p>	<p>Activity can be done in a supported sitting position.</p> <p>For more of a challenge the targets can be practiced at varied distances. Targets can also be moved off to the right or left of the thrower.</p> <p>Challenged variation: Set up a throwing obstacle course: First throw over or under a rope and then do a chosen movement of (hopping, frog jumps, crabwalk, etc.) to grab the bean bag and throw to the next target such as throwing through the cardboard cut-out and choose a movement (same or new) to retrieve the bean bag and then throw it toward the laundry basket (or box) and then do one more final movement to retrieve the bean bag at the finish line.</p>

<p>Activity</p>	<p>Tape a road and navigate it</p>
<p>Materials</p>	<p>Painter's tape, open space, scissors</p>
<p>Skills Targeted</p>	<p>Balance, endurance</p>
<p>Instructions:</p>	<p>Tape "roads" over hard wood floor and have your student walk, foot over foot, or sideways.</p>

Alternatively, your student can push a favorite car toy around the roads.



Modifications:

For a student who uses a wheelchair, the student can move along the roads.

If a child is crawling for navigation, this is a nice activity to work on hip and shoulder strength by crawling along the path.

For an additional challenge, you can add obstacles like pillows or stools or choose a silly walk to complete along the path (tip toe, squat walk, crab walk, frog jump etc.)