

Suggestions for Improving Motor Skills

Fine Motor Activities:



1. Dropping clothespins into a bottle.
2. Throwing bean bags or a ball at a specific target.
3. Use tongs or tweezers and practice picking up items and putting them someplace else. (Use cotton balls, beads, macaroni, scraps of material).
4. Use an eyedropper or spoon and transfer water from one glass to another.
5. Pinch, roll, push, pull, and squeeze clay with each finger.
6. Trace objects trough tracing paper using things like circles, squares, triangles, etc.
7. String beads on a shoe lace or other objects that have holes such as Cheerios, macaroni, or thread spools.
8. Fold and unfold paper. Fold into 1/2, 1/4, 1/8, or whatever size.



Large Motor Activities:



1. Kicking a ball- work on foot dominance—have child select foot.
2. Balance on each foot for several seconds, increase the time on each foot alternating between having your eyes open and closed.
3. Hop to a predetermined spot while holding an object.
4. Squat down and walk for distance (increase distance for endurance).
5. Wheel-barrel walk with someone holding legs (balance).
6. Squat down and then jump to a two foot stand.
7. Walk on all fours and push a ball (for a certain distance) with the head.
8. Running for distance, jogging or walking.
9. Sitting down, rock forward, backward, sideways and in circles.
10. Throw and catch balls of different sizes.
11. Review basic locomotor skills: roll, creep, crawl, walk, run, hop, skip, jump, leap, slide, gallop.
12. Any physical activities that involve large muscle development.

