

Essential ingredients for healthy development

GROSS MOTOR

Motor planning

Motor planning is the ability to think about an idea, plan a movement and put the plan into action in the right order. Once learnt, we can increase our speed and skill at different motor tasks such as brushing teeth, tying shoelaces or riding a bike. It requires thinking skills (planning, problem solving, memory, spatial awareness), movement skills and sensory feedback.



Play,
movement
and time
outside

Activity ideas

- ➔ Wherever you are build your own obstacle courses - creek, beach, park or backyard
- ➔ » Try to include jumping; climbing up, over, under, through; moving across your body.
- » Set the challenge of who can complete it the fastest.
- » Some ideas: www.care.com/c/stories/3945/7-obstacle-course-ideas-for-kids-of-all-ages/en-au/

➔ Build a nature teepee: construct a frame from long garden stakes, plant runner beans or sweet peas around the base & watch your teepee grow! www.gardensthatmatter.com/build-backyard-teepee
embracing-motherhood.com/how-to-make-an-outdoor-teepee

➔ Build a den www.nationaltrust.org.uk/features/no-4-build-a-den

Make it easier

- Break down each skill into smaller parts. E.g. before walking toe-to-heel on a log practice walking toe-to-heel on flat ground
- It can be helpful to draw pictures of the steps, write out a plan or talk through the steps
- Start with 1-2 step activities and then build more steps once your child has success

Add challenge

- + Add a extra clap, star jump, or activity between each part of the obstacle course
- + Repeat the movement backwards or in the reverse sequence