

Essential ingredients for healthy development

Play,
movement
and time
outside

GROSS MOTOR

Eye-hand coordination

This is the ability to use your vision and hands to complete a task. Practicing these skills helps our eyes learn how to track objects visually and use vision and movement systems together. This is important to be able to play sport, read and write and tie shoelaces.



Activity ideas

- Ball sports - any that interest your child.
- Weaving sticks to make a nest mothernatured.com/nature-crafts/make-a-bird-nest
Easier option for younger children: www.learningandexploringthroughplay.com/2018/08/nature-weaving.html
- Pouring and filling buckets either at a mud pit or the beach
- Threading using natural objects to make jewellery or bunting to decorate. kidscraftroom.com/all-natural-leaf-threading (or make own sheet up including whittling a stick to create a needle/using a hole punch/pattern making)

Make it easier

- Use bigger balls or beads that are brightly coloured and contrast to the background to make it easier to see and grab
- Roll balls along the ground or put it on a string, start with passing games
- Start with simple weaves patterns loosely and increase tightness and complexity as they develop

Add challenge

- + Progressively use smaller balls, beads and or containers
- + Increase the distance
- + Add in a clap between throwing