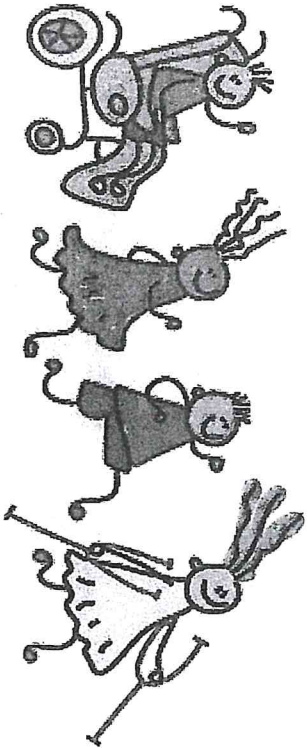


For more information please contact your

Physiotherapist:

01392 468558

There is a lot of good information on the internet but equally there is also, unfortunately a lot of incorrect information. If you are unsure of anything please ask!

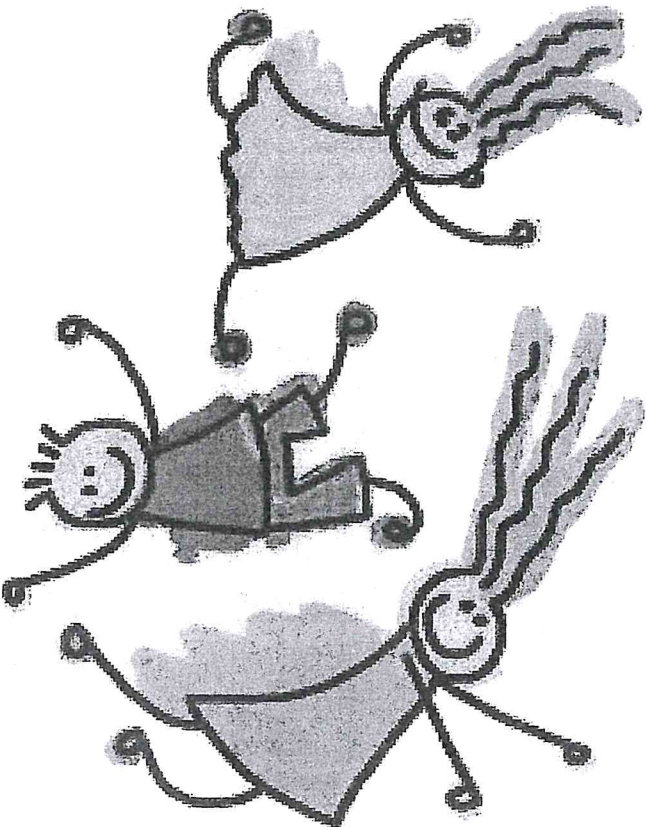


Children's Physiotherapy, Vranck House, Pinhoe

*Road
Exeter
Devon
EX4 8AD*

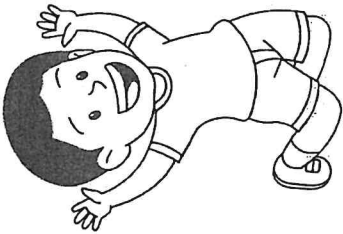
01392 468558

DEVELOPING GROSS MOTOR SKILLS Physiotherapy Activities & Advice



Patient & Family Information

JUMPING



Try the following activities with your child to help develop their jumping skills:

Bouncing games to music / bend knees to music.

- Model how to do this for your child.
- Hold their hands if necessary.

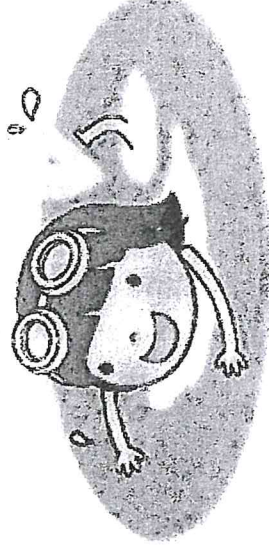
Using a small trampoline

- Hold safety bar or adults hands.
- Encourage your child to bend their knees to initiate a jump.

Jumping off a low step

- Try off a kerb, bottom step of the stairs or off a large thick heavy book.
- Hold your child's hands if needed.
- Progress to holding one hand, then none.

The department of health (2011) recommends 1 hour every day of moderate to vigorous physical activity for children aged 5-18. This can be broken up into smaller chunks ie: brisk walking to school, playing in the park or scootering to school.



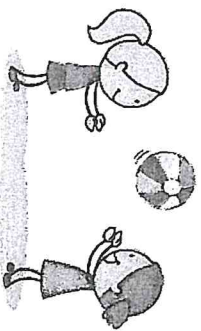
Participating in sports such as swimming, cycling are great for children to help develop strength.

Rolling and catching:

- Sit on the floor opposite your child, legs apart.
- Practise rolling and catching between you both

Throwing and catching skills:

- Try throwing ball forwards with 2 hands towards a target / partner approx. 1 metre away at first

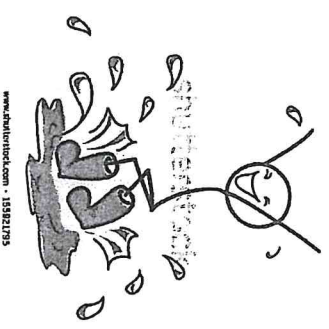
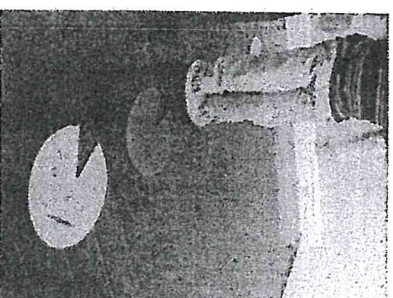


Kicking skills:

- Your child may have a preferred leg to kick with. Practise with both legs.
- Your child may walk into a ball at first in attempt to kick it.
- If your child consistently misses the ball, try using a large gym ball.
- Encourage your child to kick ball towards a target approx. 1 metre away at first

Jumping in different directions

- Over a chalked line / line of tape on ground and playground lines
- Along spots on the floor.
- Encourage your child to land with 2 feet together and stop and balance still.



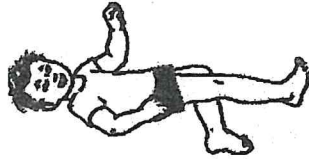
- Practise sideways and backwards.
- Jump along spots / chalked points on the ground placed in a wonky line

Jumping over an obstacle

- In and out of a hoop or over a rope placed on the ground
- Progress to jumping over a rope / in out of hoop raised off the ground

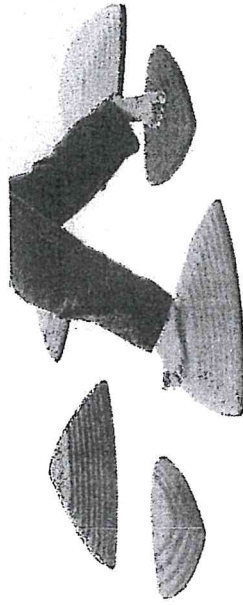
HOPPING

- Once your child has begun to master jumping, have a go at hopping!
- Hopping on the spot—hands held at first
- Hopping forwards along spots on floor
- Hopping sideways and backwards
- Hopping in and out of a hoop

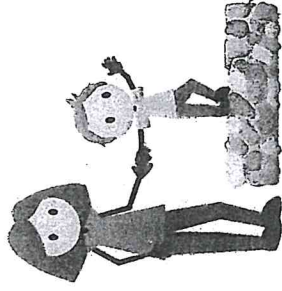


BALANCE

Try the following activities with your Child to help develop your Child's balance skills:

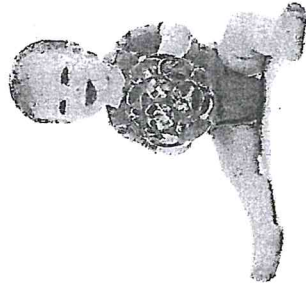


- Practise standing on one leg (shoes on). Count how long your child can balance.
- Practise standing still on tiptoes to reach toys / pop bubbles.
- Practise walking along chalked lines or a skipping rope on the floor. Try sideways and backwards too!



Hold your Child's hand as they balance whilst walking along a low wall or balance beam

BALL SKILLS



Try the following activities to help develop your Child's hand eye and foot eye coordination!

Top tips:

- Start close to your child and progress to further away.
- Encourage your child to look at the ball.
- Model / assist your child to prepare his hands to catch.
- Start by practising ball skills with a large light ball.
- A partially deflated ball can be easier to catch.
- A large gym ball, balloons, bean bags or crumpled newspaper balls can be fun to try too.
- Progress to smaller balls.
- Progress to varying the force, direction and speed of the ball.