

Gross Motor Kit Ingredients

Any form of movement is great for your child's physical development, including scooting around the park, walking the dog, dancing to your favourite song and free play outside. This list of targeted activities however, has been designed to make the most out of their physical activity time! Bringing some simple tools together to form a gross motor kit, makes it easy to come up with ideas in a hurry!

Creating a gross motor kit, with everyday household items is a great way to work on core, upper and lower limb strength, balance, eye hand coordination as well as providing proprioceptive feedback to the body.

Gross motor skills are important as they enable children to perform everyday tasks. Gross motor activities work on a child's core and upper strength which enables them to maintain adequate posture. Good efficient posture provides support to the upper limb which then allows helps a child to draw, cut and write with ease. Well-developed gross motor skills will also assist a child to manage cutlery for their meal, pack away their toys, get on and off a chair and play!

Gross motor activities also provide an opportunity for children to be physically active and the Australian Department of Health suggests a minimum of 60 minutes of physical activity a day plays a significant role in developing children's foundation skills, for those between 5-12 years of age. For children under 5 at least 3 hours a day is recommended, meaning those bodies need to be busy!




Gross motor activities also provide proprioceptive feedback to our bodies which helps maintain our arousal levels. When our bodies feel switched on, our 'engines' run 'just right' and helps us be ready for learning and make green choices throughout the day.





This list of activities is designed for you to go through to help you pull together some of the equipment you already have in your home. Choose two-three activities a day to help your child reach the recommended 60 minutes of physical activity. Activities can be done whenever you have 15-20 minutes free throughout the day rather than in one big block of time and this regular practice of skills will soon get their arms and legs working together smoothly. Each activity is only short so by doing two or three a day which means 30-60 min of fun play-based interaction!



Some simple items to bring together for your gross motor kit:

- Balls
- Bean bags
- Cushions
- Masking tape
- Empty drink bottles
- Hoops
- Tables and chairs
- Tunnels
- Fit ball or hoppy balls
- Rackets, fly swats,
- Balloons
- Cans of tinned food.




Gross Motor Activities at home (Backyard)




Activity	How to do it	What it works on
<p>Hoop ladder jump</p> 	<p>Jump with 2 feet across the hoop ladder, jump feet together and then plant feet inside the hoop. Make the activity more challenging by having your child jump 2 hoops at a time or increasing the distances between the hoops.</p> <p>EQUIPMENT Hoops or use tape sticker to mark on the ground/floor Indoor or outdoor</p>	<ul style="list-style-type: none"> • Proprioceptive input • Motor coordination • Balance • Motor planning • Core strength • Lower limb strength • Eye hand coordination
<p>Hoop ladder Hopping/ Hopscotch</p> 	<p>Hop across the hoop/box ladder and plant feet inside the hoop/box. Make the activity more challenging by increasing the distances between hoops/boxes or use smaller hoops/boxes to increase the requirement of accuracy.</p> <p>EQUIPMENT Hoops or use tape sticker to mark on the ground/floor Indoor or outdoor</p>	<ul style="list-style-type: none"> • Proprioceptive input • Motor coordination • Balance • Motor planning • Core strength • Lower limb strength • Eye hand coordination
<p>Bean bag throwing</p> 	<p>Use one hand to throw bean bags into hoops. Make the activity more challenging by increasing the distance of the hoop.</p> <p>EQUIPMENT Hoop or use tape sticker to mark on the ground/floor bean bags</p>	<ul style="list-style-type: none"> • Shoulder stability and strength • Proprioceptive input • Core strength • Eye hand coordination • Upper limb strength

<p>Bean bag catching with good balance</p> 	<p>Catch the bean bags while sitting on a fit ball. Make the activity more challenging by speeding up the throwing or throwing the bean bag higher/lower/more off to the side.</p> <p>EQUIPMENT Bean bags, fit ball</p>	<ul style="list-style-type: none"> • Motor coordination • Balance • Motor planning • Core strength • Eye hand coordination
<p>Peanut punching</p> 	<p>Punch back the fit ball using fists or palms. Make the activity more challenging by having your child stand within a box marked on the ground.</p> <p>EQUIPMENT Fit ball</p>	<ul style="list-style-type: none"> • Proprioceptive input • Balance • Upper limb strength • Motor planning • Eye hand coordination
<p>Obstacle course</p> 	<p>Build an obstacle course tailored to your children using the equipment available at the home, such as "noodles", plastic tunnels and various hoops. Integrate animal fun and basic gross motor movements (e.g. crawling, jumping, hopping, etc.) into the activities.</p> <p>EQUIPMENT the plastic tunnel, "noodles" and various hoops</p>	<ul style="list-style-type: none"> • Proprioceptive input • Body awareness • Motor coordination • Balance • Motor planning • Core strength • Upper limb and Lower limb strength
<p>Wheelbarrow</p> 	<p>Walk on grass ground using hands, while you/siblings hold on to each others legs. Make the activity for fun by having a wheelbarrow race. Integrate animal walks into the race as well.</p>	<ul style="list-style-type: none"> • Motor coordination • Balance • Motor planning • Core strength • Upper limb strength




<p>Hopper ball race</p> 	<p>Have a race in the backyard using the hopper ball. Make the activity more challenging by adding in bean bag collecting on the way.</p> <p>EQUIPMENT Hopper ball, bean bags</p>	<ul style="list-style-type: none"> • Body awareness • Motor coordination • Balance • Motor planning • Core strength
<p>Ball aimed wall bouncing</p> 	<p>Bounce a basketball to the wall on the target (a tape cross), and catch the ball when it bounces back after hitting the ground once. Have your child stand on a line 1.5 metres away from the wall.</p> <p>Make the activity more challenging by using a smaller ball or increase the distance standing away from the wall.</p> <p>EQUIPMENT Tape ticker, basketball, tennis ball</p>	<ul style="list-style-type: none"> • Motor coordination • Balance • Motor planning • Upper limb strength • Visual motor coordination



(Living Area)

Activity	How to do it	What it works on
<p>Make a Fort</p> 	<p>Children help make the fort. Have them help place a sheet over chairs/lounges Place a picnic blanket inside with pillows Here they can play other activities (complete a puzzle, read a book, eat their lunch)</p>	<ul style="list-style-type: none">• Motor coordination and planning• Upper limb strength• Proprioceptive input (knowing where your body is in space)
<p>Indoor obstacle course</p> 	<p>Build an indoor obstacle course by using what is available in your home, such as tape stickers, bean bags, cushions, baskets, etc. Integrate animal fun and basic gross motor movements (e.g. crawling, jumping, hopping, etc.) into the activities.</p>	<ul style="list-style-type: none">• Proprioceptive input• Body awareness• Motor coordination• Balance• Motor planning• Core strength• Upper limb and Lower limb strength
<p>Line walking</p> 	<p>Make different shapes on the floor using tape. Walk on the lines using 'toe heel' step. Make the activity more challenging with more complex lines or create a race to who will finish first.</p>	<ul style="list-style-type: none">• Body awareness• Motor coordination• Balance• Motor planning• Core strength

<p>Indoor snowball fighting</p> 	<p>Make snowballs with balled up socks, or wadded paper, and have a snowball fight</p>	<ul style="list-style-type: none"> • Shoulder stability and strength • Proprioceptive input • Core strength • Eye hand coordination • Upper limb strength
<p>Indoor hockey</p> 	<p>Use swatters, plastic balls and two cardboard boxes as goals. Choose an open and safe indoor area to set up the hockey game for your kids.</p>	<ul style="list-style-type: none"> • Shoulder stability and strength • Proprioceptive input • Core strength • Eye hand coordination • Upper limb strength • Motor coordination • Motor planning
<p>Balloon Tennis</p> 	<p>Use fly swatters to hit balloons between each other. Set up a game similar to badminton by creating a line that the children have to hit the balloon over. Incorporate a 'the balloon must not hit the ground' rule.</p>	<ul style="list-style-type: none"> • Core strength • Eye hand coordination • Upper limb strength • Motor coordination • Motor planning

Kitchen/Pantry

<i>Activity</i>	<i>How to do it</i>	<i>What it works on</i>
<p>Bringing in the groceries</p> 	<p>Ask your child to help you carry bags to the kitchen when you are unloading the groceries. If the bags are too heavy, ask them to carry individual items with you.</p>	<ul style="list-style-type: none"> • Co-operation • Whole body co-ordination and strength • Locomotion • Proprioception (knowing where their body is in space) • Motor planning
<p>Helping stack the pantry/fridge</p> 	<p>Ask your child to help you put away groceries in the pantry and fridge.</p>	<ul style="list-style-type: none"> • Balance (when reaching to place items) • Locomotion • Motor planning • Hand and upper limb co-ordination and strength • Hand-eye co-ordination • Problem solving (figuring out where to put things if there is no room) • Co-operation • Following instructions
<p>Helping getting ingredients for dinner</p> 	<p>Involve your child in mealtimes and get them to help you get the ingredients ready for dinner.</p>	<ul style="list-style-type: none"> • Balance (while reaching for items) • Locomotion • Motor planning • Whole body co-ordination and strength • Hand-eye co-ordination • Co-operation • Following instructions • Memory (remembering which items you tell them to get)

<p>Pretend play</p> 	<p>There are lots of ways you can play with your child using everyday kitchen and pantry items. Use your colander and wooden spoons and play space pirates. Or setup a mini supermarket using items from the pantry, and have your child be the cashier scanning and bagging the groceries. You could even use your pots and pans as musical instruments and hold a pretend concert!</p>	<ul style="list-style-type: none"> • Play skills (co-operation, following rules, using their imagination) • Whole body co-ordination • Using both hands together • Proprioception (knowing where their body is in space) • Hand-eye co-ordination • Developing their upper limb strength and endurance
<p>Ten pin bowling</p> 	<p>Save your empty cans or plastic drink containers to use as bowling pins. You can also decorate them with your child as a craft activity before using them to go bowling with. You could use an unopened can as the bowling ball if you wanted to.</p>	<ul style="list-style-type: none"> • Play skills (co-operation, following rules, taking turns) • Whole body co-ordination • Motor planning • Proprioception (knowing where their body is in space) • Hand-eye co-ordination • Developing their upper limb strength and endurance