

# Schools Therapy Resource Pack

Section 4a –  
Gross motor skill  
development (Part 2)

## Developing Gross Motor Skills

Many children entering school will not yet have fully developed their gross motor skills.

We recommend that **all** Year R children complete **Achieving Body Control (ABC)** to develop the postural control needed for school activities. The programme can be readily incorporated into PE lessons (over an approximate six week period).

Children with identified difficulties should also be given opportunities to practise the activities individually or in a small group.

## Implementing the ABC

Training which supports implementing the ABC in school can be requested from the Children's Therapy Service (see Training Section)

## Equipment

Block A	-	PE mats PE bench Balls (football sized)
Block B	-	As above, plus: Large hoops Bean bags
Block C	-	As above, plus: Balloons Chiffon scarves

## Review

Children's responses are monitored through observation and the ABC Individual Progress Sheets can be completed after each Block

**NOTE: children with identified physical / learning difficulties who are known to children's therapists should not be included prior to consultation with relevant therapist.**

# **CLEVER BODIES PROGRAMME**

## **CLEVER BODIES PROGRAMME**

This programme consists of activities which build on Achieving Body Control (ABC) to further develop balance, motor planning, coordination and ball skills.. The activities are suitable for individual or small group practice, although some could be included in whole class warm-ups or PE lessons.

**Note: as before, children with identified physical or learning disabilities who are known to paediatric therapists should not be included prior to consultation with the relevant therapist.**

### **Balance**

Level 1

Level 2

Level 3

### **Motor Planning and Coordination**

Level 1

Level 2

Level 3

### **Ball Skills**

Level 1

Level 2

Level 3

**Fizzy Training Games** (adapted and used with permission)  
Paediatric Occupational Therapy Service,  
East Kent Community NHS Trust

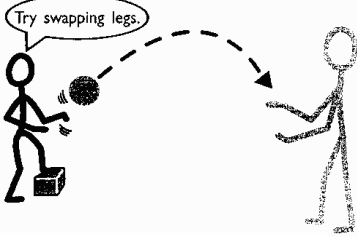
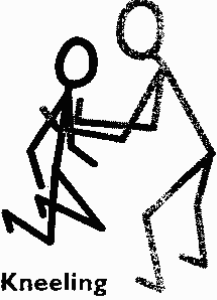


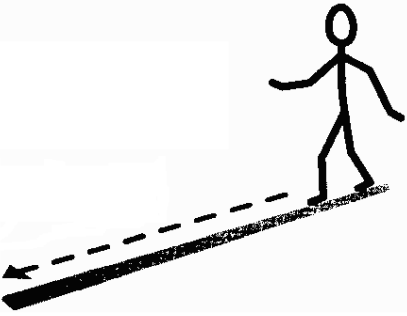


# **CLEVER BODIES**

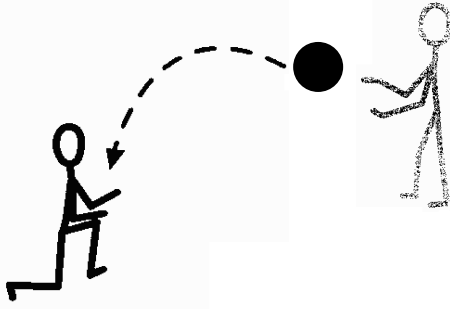
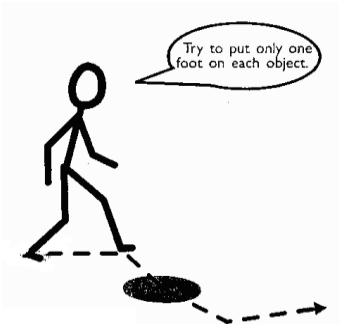
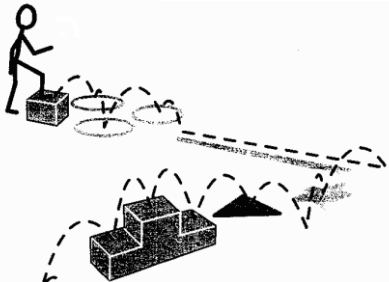


## **Balance**

### **(Level 1)**

Balance  
Level 1 (page 1)

Activity	Description	Target
 <p>Try swapping legs.</p>	<p>Stand with your foot on a box and throw and catch a ball or beanbag with your partner.</p>	<p>Can you do 20 catches at</p> <p>1 metre 2 metres 3 metres</p>
 <p>Kneeling</p>	<p>Play statues</p> <p>Keep very still while your partner gently tries to move you. Try these positions.</p> <p>Starting position</p>  <p>Hands and knees</p>  <p>Keep very still.</p> <p>Hands and knees</p>	
	<p>Walk along a 5 metre, then a 10 metre line, marked on the floor.</p>	<p>Can you keep your feet on the line?</p>

Balance  
Level 1 (page 2)

Activity	Description	Target
	<p>Throw and catch a ball with your partner from a half kneeling position. Try 10 throws without dropping them, then try 20 throws.</p>	<p>Can you do it from 1 metre 2 metres 3 metres</p>
	<p>Stepping stones</p> <p>Walk along a route placing your feet onto coloured shapes or into hoops or quoits. Vary the distances and directions of the stepping targets.</p>	
	<p>Step into, onto or over different types of PE equipment. Use any of these to make up a small obstacle course.</p>	
		
	<p>Balance on one leg</p>	<p>How long can you do it for?</p> <p>5 seconds 10 seconds</p> <p>What is your record?</p>

Child needs to be competent at all tasks before moving on to the next level.



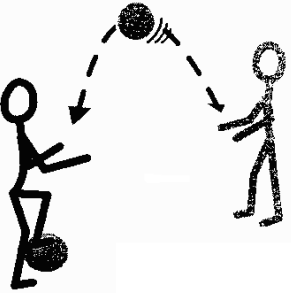
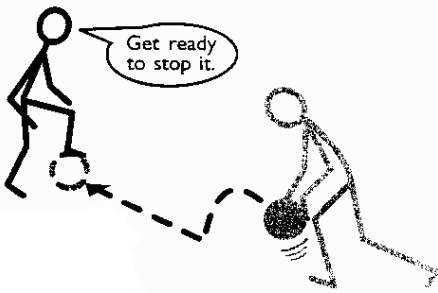


**CLEVER BODIES**

**Balance**

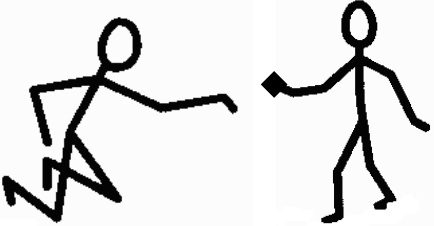
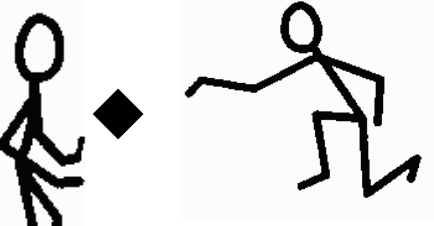
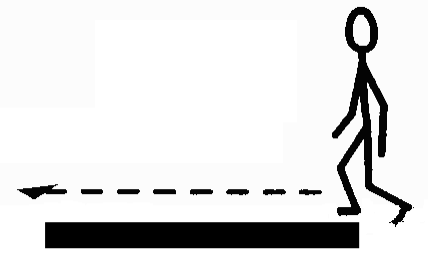
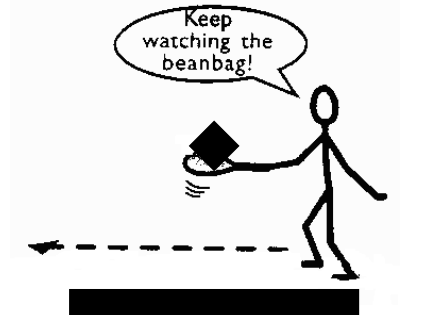
**(Level 2)**






Balance  
Level 2 (page 1)

Activity	Description	Target
	<p>Stand with one foot on a small soft ball and try to throw and catch a ball with your partner.</p>	<p>How many can you do in a row</p> <p>10    20</p> <p>2 metres    <input type="checkbox"/>    <input type="checkbox"/></p> <p>10 metres    <input type="checkbox"/>    <input type="checkbox"/></p>
	<p>Try to stop a rolling ball coming towards you by placing your foot on the top.</p>	<p>How many can you do</p> <p>5</p> <p>10</p> <p>15</p>
	<p>Keep very still while your partner gently tries to move you.</p> <p>Try these positions</p>	
	<p>Balance on different parts of your body. Start with kneeling and then try raising one arm and the opposite leg.</p>	<p>How many seconds can you hold it</p> <p>Kneeling    <input type="checkbox"/></p> <p>Arm and leg Raised    <input type="checkbox"/></p>

Balance  
Level 2 (page 2)

Activity	Description	Target
	<p>Reach for a beanbag in a kneeling position.</p> <p>Gradually increase the distance. Then try half kneeling</p>	
		
	<p>Walk along a bench</p>	<p>Can you do it</p> <p>Forwards <input type="checkbox"/></p> <p>Backwards <input type="checkbox"/></p> <p>Sideways <input type="checkbox"/></p>
	<p>Walk along a bench balancing a beanbag on a bat</p>	<p>How far can you get</p> <p>Half the bench <input type="checkbox"/></p> <p>All the bench <input type="checkbox"/></p>

Balance  
Level 2 (page 3)

Activity	Description	Target								
	<p>Try walking along with a beanbag on your head</p>	<p>How far can you walk</p> <p>4 metres <input type="checkbox"/></p> <p>6 metres <input type="checkbox"/></p> <p>8 metres <input type="checkbox"/></p>								
	<p>Walk in a line, as straight as possible, heel to toe – eyes closed, or wear a blindfold</p>	<p>How many steps</p> <p>3 <input type="checkbox"/></p> <p>7 <input type="checkbox"/></p> <p>10 <input type="checkbox"/></p>								
	<p>Hop on either leg</p>	<p>How many hops can you do?</p> <table border="0"> <tr> <td>Left leg</td> <td>Right leg</td> </tr> <tr> <td>3 <input type="checkbox"/></td> <td>3 <input type="checkbox"/></td> </tr> <tr> <td>5 <input type="checkbox"/></td> <td>5 <input type="checkbox"/></td> </tr> <tr> <td>8 <input type="checkbox"/></td> <td>8 <input type="checkbox"/></td> </tr> </table>	Left leg	Right leg	3 <input type="checkbox"/>	3 <input type="checkbox"/>	5 <input type="checkbox"/>	5 <input type="checkbox"/>	8 <input type="checkbox"/>	8 <input type="checkbox"/>
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Child needs to be competent at all tasks before moving on to the next level.

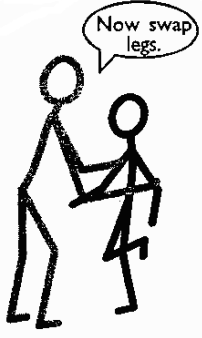
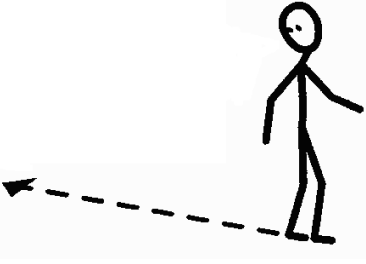
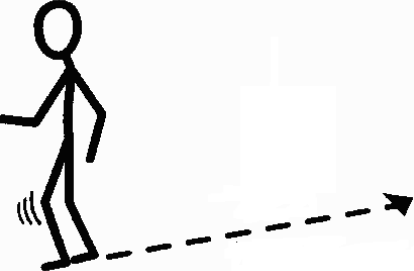
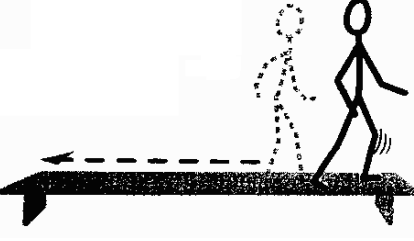



# **CLEVER BODIES**


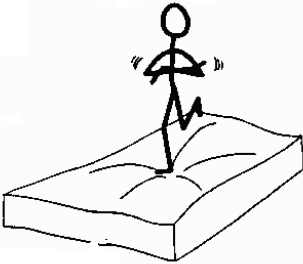
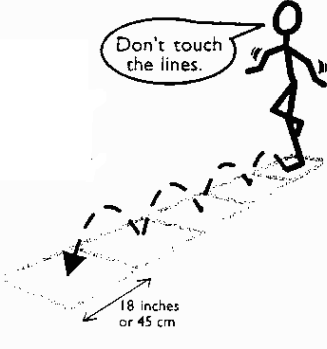


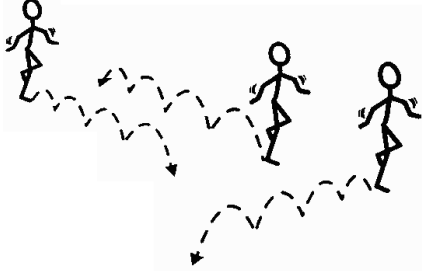
## **Balance**

### **(Level 3)**

Balance  
Level 3 (page 1)

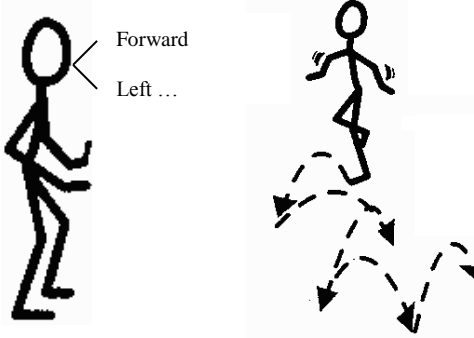
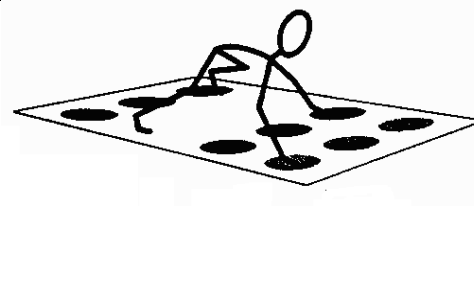
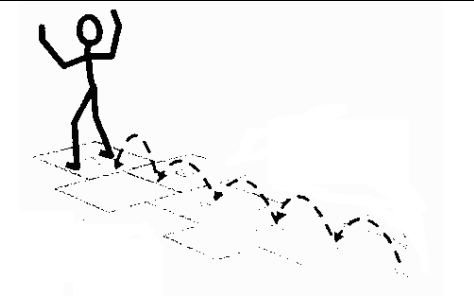
Activity	Description	Target
	<p>Statues</p> <p>Stand very still on one leg while your partner gently pushes you</p>	<p>How many seconds can you keep still for?</p> <p>3 <input type="checkbox"/></p> <p>5 <input type="checkbox"/></p> <p>10 <input type="checkbox"/></p>
	<p>Walk toe to heel backwards in a line as straight as possible.</p>	<p>How many steps can you take</p> <p>5 <input type="checkbox"/></p> <p>7 <input type="checkbox"/></p> <p>10 <input type="checkbox"/></p>
	<p>Walk backwards toe to heel in a straight line without looking behind you. Then try with a beanbag on your head.</p>	<p>How many steps can you take</p> <p>5 <input type="checkbox"/></p> <p>7 <input type="checkbox"/></p> <p>10 <input type="checkbox"/></p>
	<p>Walk backwards on a bench</p>	<p>How many steps can you take</p> <p>5 <input type="checkbox"/></p> <p>7 <input type="checkbox"/></p> <p>10 <input type="checkbox"/></p>
	<p>Stand on one leg with your arms folded</p>	<p>How long can you stay up for</p> <p>Left leg</p> <p>Right leg</p>

**Level 3 (page 2)**

Activity	Description	Target								
	<p>Now close your eyes or use a blindfold</p>									
	<p>Now try on a squashy mat</p>									
	<p>Hop into 5 squares marked out on the floor</p>	<p>How many squares can you hop into?</p> <table border="0"> <tr> <td>Left leg</td> <td>Right leg</td> </tr> <tr> <td>2 <input type="checkbox"/></td> <td>2 <input type="checkbox"/></td> </tr> <tr> <td>3 <input type="checkbox"/></td> <td>3 <input type="checkbox"/></td> </tr> <tr> <td>5 <input type="checkbox"/></td> <td>5 <input type="checkbox"/></td> </tr> </table>	Left leg	Right leg	2 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	3 <input type="checkbox"/>	5 <input type="checkbox"/>	5 <input type="checkbox"/>
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	<p>Now try hop and stop, hop and stop. Keep going for as long as you can.</p>									
	<p>Hopping</p>	<p>How far can you hop?</p> <table border="0"> <tr> <td></td> <td>Metres</td> </tr> <tr> <td>Forwards</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Backwards</td> <td><input type="checkbox"/></td> </tr> <tr> <td>Sideways</td> <td><input type="checkbox"/></td> </tr> </table>		Metres	Forwards	<input type="checkbox"/>	Backwards	<input type="checkbox"/>	Sideways	<input type="checkbox"/>
	Metres									
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**Balance  
Level 3 (page 3)**

Section 4: Motor Skill Development

Activity	Description	Target
 <p>Forward Left ...</p>	<p>Now try hopping in different directions called out by your partner</p>	<p>How long can you hop for</p> <p style="text-align: right;">Seconds</p> <p>Left leg <input type="checkbox"/></p> <p>Right leg <input type="checkbox"/></p>
	<p>Play Twister</p>	<p>How long can you play for before you fall over</p> <p>Minutes <input type="checkbox"/></p> <p>Seconds <input type="checkbox"/></p>
	<p>Play Hopscotch</p>	<p>What number can you reach?</p> <div style="text-align: center; border: 1px solid black; width: 60px; height: 60px; margin: 0 auto;"></div>




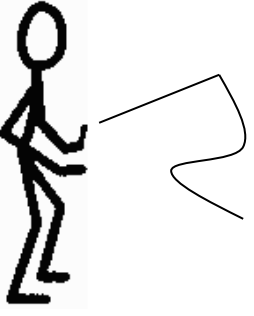

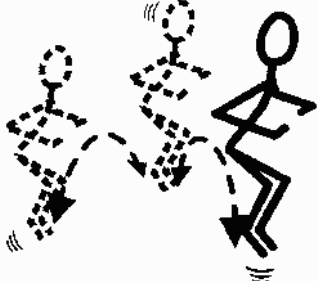
# **CLEVER BODIES**

## **Motor Planning and Coordination**


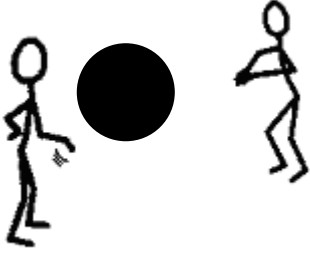
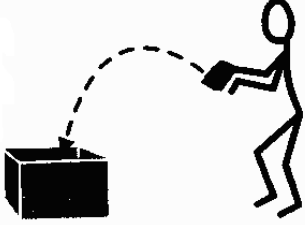

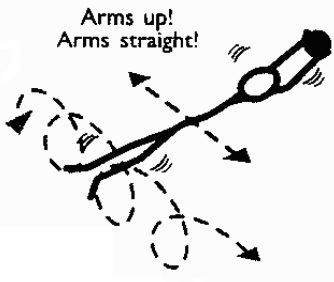
### **Level 1**



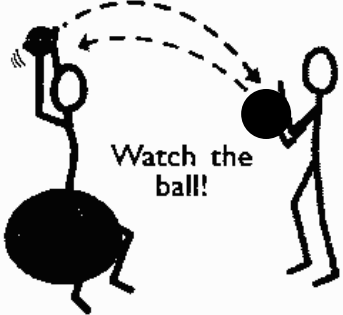
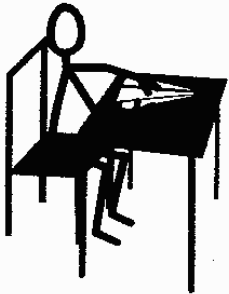
Body Awareness and Coordination  
Level 1 (Page 1)

Activity	Description	Target
	<p>Lie on stomach on a bench – pull yourself forward to the end using both hands, and then push back again. This is counted as one movement pattern.</p>	<p>How many can you do?</p>
	<p>Draw shapes in the air using a pole with a ribbon tied on the end. Use both hands.</p> <p>Draw shapes in the air without using the pole</p>	<p>Can you do Shapes Letters Your name</p> <p>Can you do it holding on with 2 hands 1 hand</p>
	<p>Bounce on a trampette holding hands with an adult</p>	<p>How many can you do?</p>
	<p>Jump along the floor keeping both feet together.</p>	<p>How many can you do?</p>

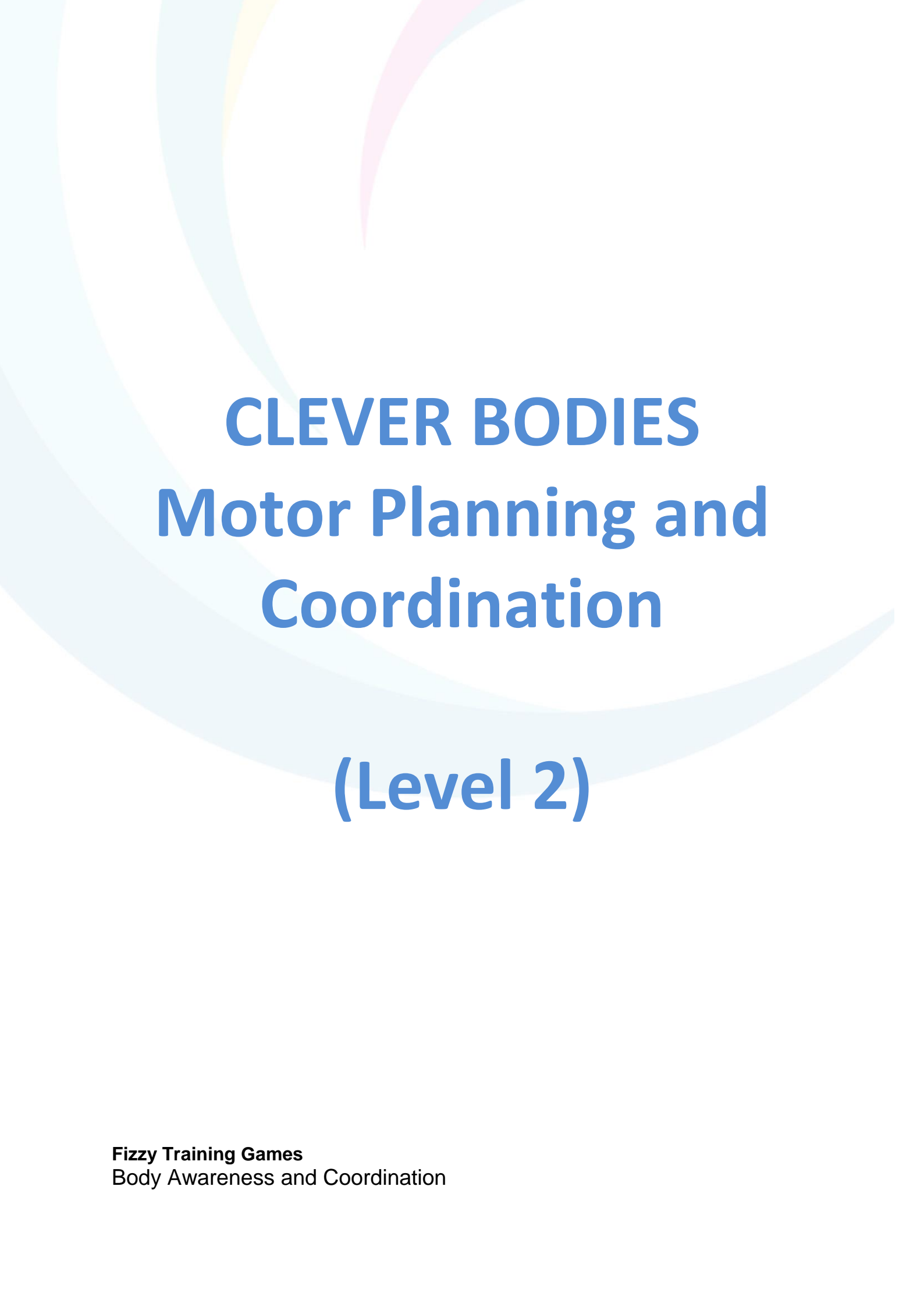
Body Awareness and Coordination  
Level 1 (Page 2)

Activity	Description	Target
	<p>Jump off a low box or bench holding hands with an adult.</p> <p>Keep feet together</p>	<p>Can you do it holding on to</p> <p>2 hands</p> <p>1 hand</p> <p>no hands</p>
	<p>Throw and catch a beanbag with an adult. Then try a large ball.</p>	<p>How far can you do it from?</p>
	<p>Throw a beanbag into a box or hoop</p>	<p>How far can you do it from?</p>
	<p>Turn Turtle</p> <p>Lie down on your stomach and try to stop someone turning you over</p>	<p>How long can you stay still for?</p>
 <p>Arms up! Arms straight!</p>	<p>Log Rolling</p> <p>Lie down with your arms stretched above your head. Roll over and over. Start with an adult holding your hands, then try holding a ball</p>	

Body Awareness and Coordination  
Level 1 (page 3)

Activity	Description	Target
 <p>Watch the ball!</p>	<p>Sit on a large ball with feet on floor: Throw and catch beanbags or balls, from 1 metre</p>	<p>Can you do 5 catches 10 catches</p>
	<p>Hold paper in one hand and cut with other.  Draw around your hand, with your fingers spread</p>	

Child needs to be competent at all tasks before moving on to the next level.



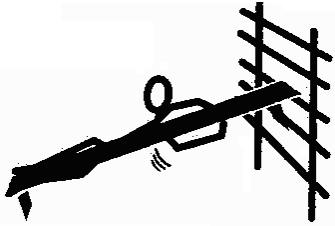
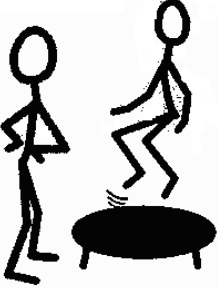

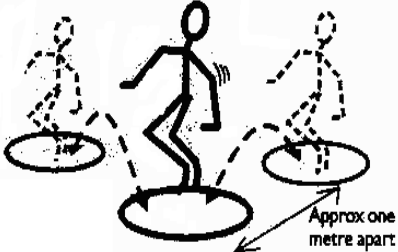

# **CLEVER BODIES**

## **Motor Planning and Coordination**

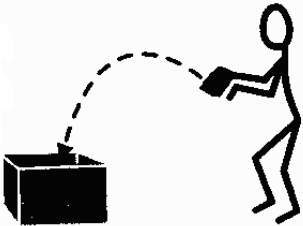

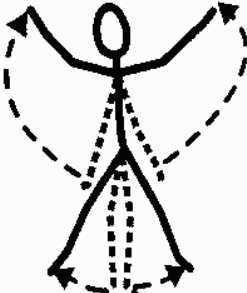
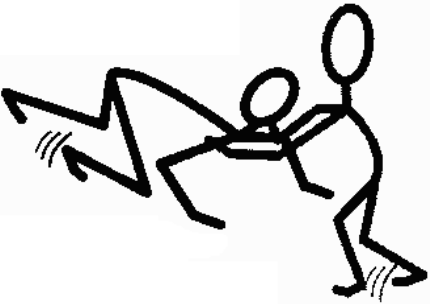
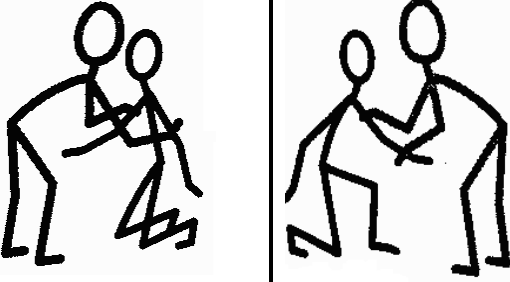
### **(Level 2)**

**Fizzy Training Games**  
Body Awareness and Coordination

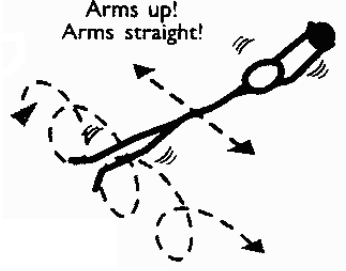
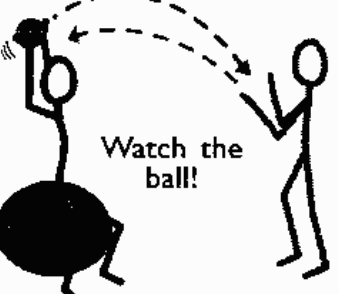
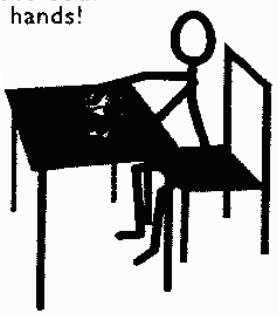
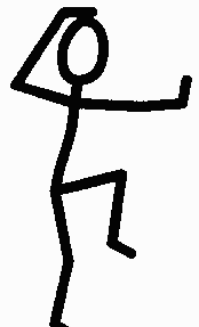
Level 2 (Page 1)

Activity	Description	Target
	<p>Lie on your stomach on an inclined bench. Pull yourself along using both hands</p> <p>Remember, don't use your feet.</p>	<p>How many can you do?</p>
	<p>Bounce on a trampette without holding on. Can you jump off onto a mat, with feet together without falling over?</p>	<p>How many jumps can you do?</p>
 <p>Lift your head up</p>	<p>Lie on your stomach and lift your arms above your head. Throw a large ball at some skittles, 2 metres away</p>	<p>How many can you do?</p>
 <p>Approx one metre apart</p>	<p>Keeping both feet together, jump into hoops on the floor.</p>	
	<p>Do bunny jumps over a line keeping your hands placed on the floor.</p>	<p>How many can you do?</p>

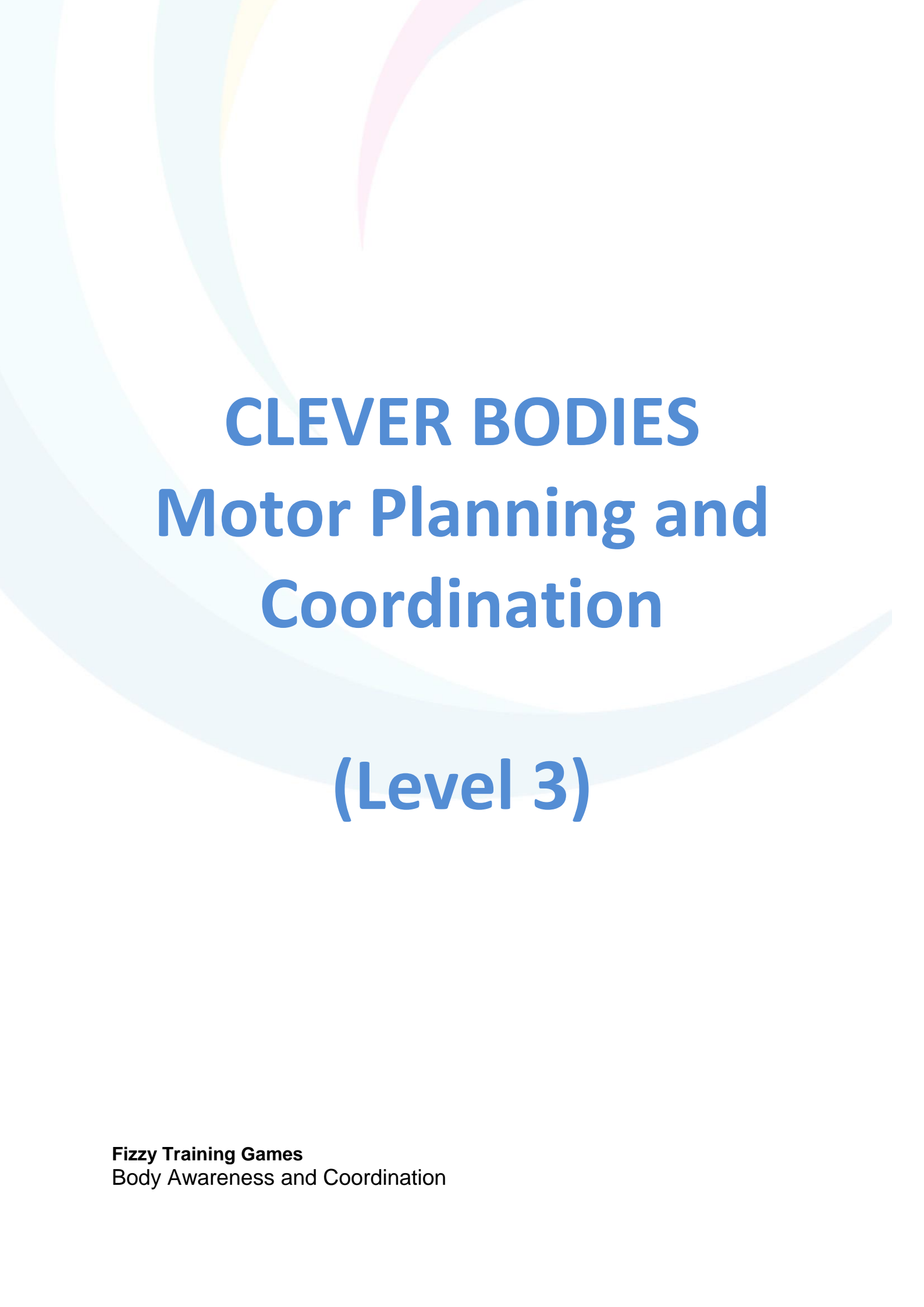
Level 2 (page 2)

Activity	Description	Target
	<p>Throw a beanbag into a box or hoop</p>	<p>How many can you do?</p>
	<p>Holding a bat with both hands, hit a ball thrown by an adult</p>	<p>How many can you do?</p>
	<p>Star Jumps From a standing position, jump into star shapes</p>	<p>How many can you do?</p>
	<p>Sticky Toffee Crawl along the floor while someone gently holds you back by holding on to your hips or pushing on your shoulders</p>	<p>How far can you crawl?</p>
	<p>Statues While kneeling or half-kneeling, try not to be moved by someone else</p>	

Level 2 (page 3)

Activity	Description	Target
 <p>Arms up! Arms straight!</p>	<p>Log Rolling</p> <p>Lie down with your arms stretched above your head holding a ball. Roll over and over to the right and then the left. Try to keep in a straight line.</p>	<p>How many can you do?</p>
 <p>Watch the ball!</p>	<p>Sit on a large ball with feet on floor. Throw and catch a ball from varying distances.</p>	
 <p>Use both hands!</p>	<p>Play Dough</p>	<p>Using play dough can you Roll out a sausage</p> <p>Make a long sausage</p> <p>Make a pot</p>
	<p>Simon-Says</p> <p>In a sitting or standing position, copy 'Simon's' actions</p>	<p>How many can you copy?</p> <p>1 arm 2 arms 1 leg and 1 arm 3 limbs</p>

Child needs to be competent at all tasks before moving on to the next level.



# **CLEVER BODIES**

## **Motor Planning and Coordination**

### **(Level 3)**

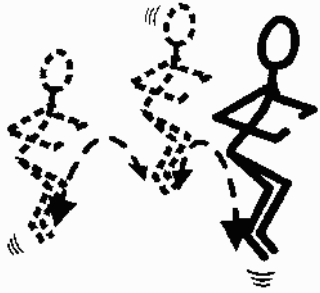
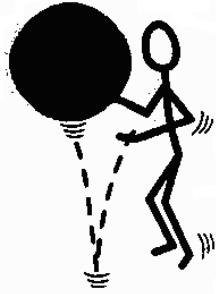
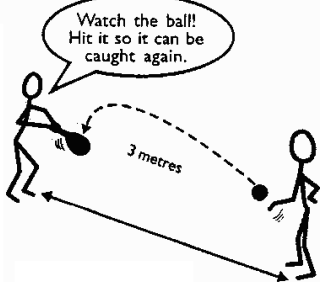

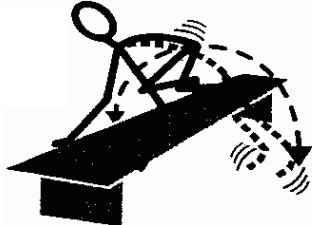
**Fizzy Training Games**  
Body Awareness and Coordination



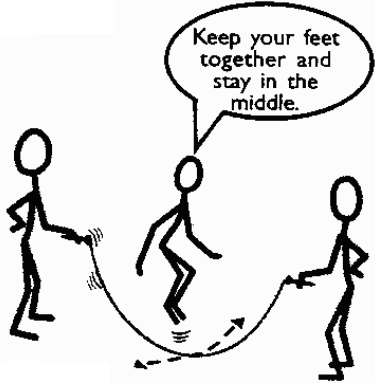
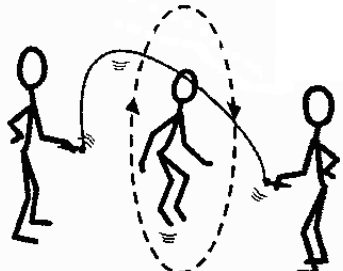
**Level 3 (page 1)**

Activity	Description	Target
	<p>Statues</p> <p>While standing with your eyes closed, try not to be moved by someone else</p>	<p>How long can you keep still?</p>
	<p>Resisted Pushing</p> <p>Walk with your arms outstretched while someone gently holds you back by pushing on the palms</p>	<p>How far can you push?</p> <p>2 metres 3 metres 5 metres</p>
	<p>Jumping Jacks</p> <p>Jump from a crouched position up into a star position</p>	<p>How many can you do?</p>
	<p>Log Rolling</p> <p>Lie down with arms stretched above head and holding a ball. Roll over and over with changes in direction trying to keep in a straight line</p>	<p>How many can you do?</p>
	<p>Sit on a large ball with feet on floor. Throw and catch balls of various sizes from varying distances and directions.</p>	<p>How many catches can you do?</p>

**Level 3 (page 2)**

Activity	Description	Target
	<p>Keeping both feet together, jump forwards, backwards and sideways in a given sequence.</p>	<p>How many jumps can you remember?</p>
	<p>Bounce and catch a large ball.</p>	<p>Can you do 10 bounces in a row with Both hands Left hand Right hand Alternate hands</p>
	<p>Hold a bat with both hands and hit a ball thrown from a long distance.</p>	<p>How many can you hit?</p>
	<p>Make a paper or card shape such as a paper-plane or an origami object.</p>	<p>Can you  Copy someone else  Follow someone's instructions  Read the instructions</p>
	<p>Bunny Jumps  With your hands on the bench, jump your feet from one side to the other over the bench.</p>	

Level 3 (page 3)

Activity	Description	Target
 <p>Keep your feet together and stay in the middle.</p>	<p>Skipping</p> <p>With your feet together, jump over a slowly moving rope.</p>	<p>How many jumps can you do?</p>
	<p>Can you jump over the rope after it has been turned over your head?</p>	<p>How many jumps can you do?</p>

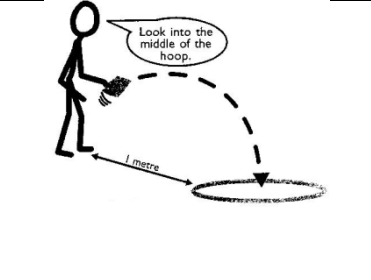
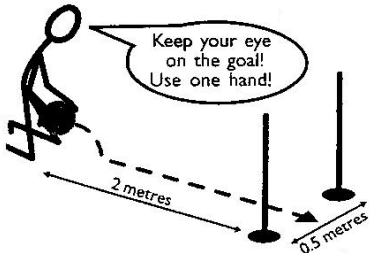
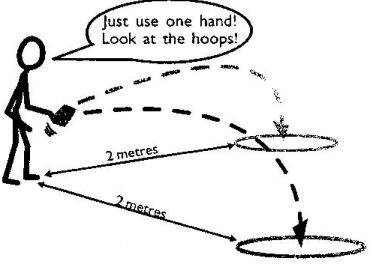
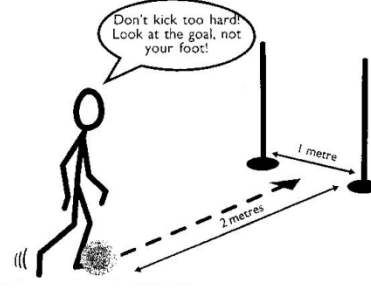
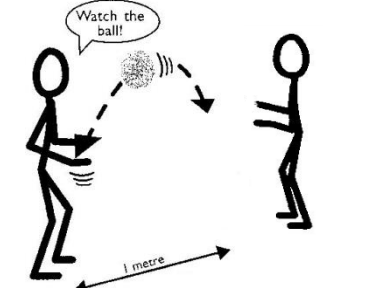


# **CLEVER BODIES**

## **Ball Skills**

### **(Level 1)**

**Ball Skills  
Level 1 (page 1)**

Activity	Description	Target
	<p>Can you throw a bean bag into a box or hoop placed 1 metre away?</p>	<p>How many can you do in a row?</p>
	<p>Can you roll a ball between goal posts placed half a metre apart, from a distance of 2 metres?</p>	<p>How many goals can you score?</p>
	<p>Can you throw beanbags into 2 hoops placed to the right and left in front of you, 2 metres away?</p>	<p>How many can you do without missing the hoops?</p>
	<p>Can you kick a ball between 2 goal posts, placed 1 metre apart, 2 metres away?</p>	<p>How many goals can you score?</p>
	<p>Throw and catch with your partner. Stand 1 metre apart. Use a ball or beanbag.</p>	<p>How many catches can you do in a row?</p>

**Level 1 (page 2)**

Activity	Description	Target
	<p>Throw and catch from 2 metres using a ball or beanbag</p>	<p>How many catches can you do without dropping?</p>
	<p>Stand in a circle with a few other people 1 metre apart and throw a ball to the person next to you.</p> <p>Try throwing the ball in different directions. Can you bounce the ball to the person next to you?</p>	<p>Can you use a ball? a beanbag?</p>

Child needs to be competent at all tasks before moving on to the next level.

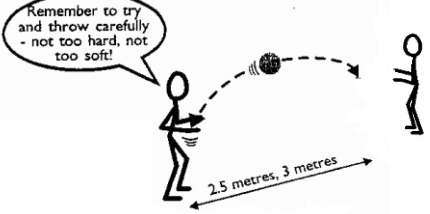
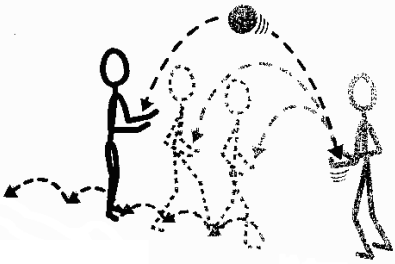
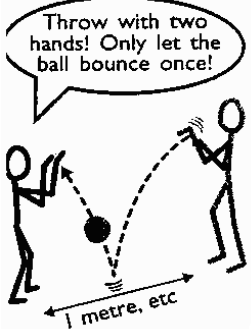
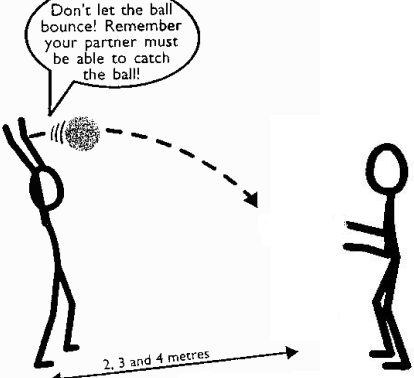


# **CLEVER BODIES**

## **Ball Skills**

### **(Level 2)**

Ball Skills  
Level 2 (page 1)

Activity	Description	Target
	<p>Throw and catch a ball between 2 people. Start at 2.5 metres, then try 3 metres</p>	<p>How many catches can you do?</p>
	<p>Stand close to your partner. Throw and catch between you. Take a small step backwards each time you catch the ball.</p>	<p>How far can you go back? What is your record? Can you beat your record?</p>
	<p>With a partner, bounce a ball between you. Start at 1 metre, then try 2 metres. Can you do 3 metres?</p>	<p>How many times can you do this?</p>
	<p>Practice throwing balls over-head to your partner. Can you judge how hard to throw the ball?</p>	<p>How far can you throw?</p>



Ball Skills  
Level 2 (page 2)

Activity	Description	Target
	<p>By yourself, practice bouncing and catching a large, bouncy ball with both hands.</p>	<p>How many bounces and catches can you do?</p>
	<p>Stand in a circle with a few other people. Throw 2 balls around the circle. Try throwing in both directions around the circle. Vary the size of the circle.</p>	<p>How big a circle can you make without dropping the ball?</p>
	<p>Kick a ball between you and your partner or around a large circle. Can you stop the ball with your foot? Kick carefully back to your partner.</p>	<p>How far apart can you stand?</p>
	<p>Kick a ball between you and your partner or around a large circle.</p>	<p>Can you stop the ball with your foot?</p>

Child needs to be competent at all tasks before moving on to the next level.



# **CLEVER BODIES**

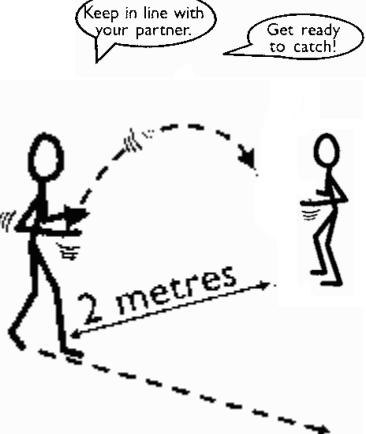
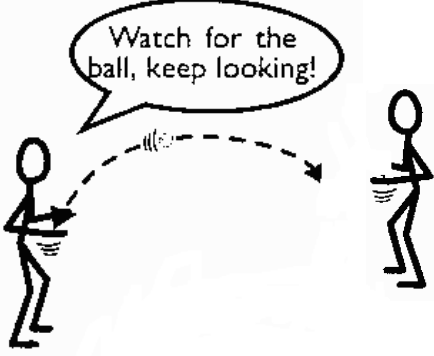
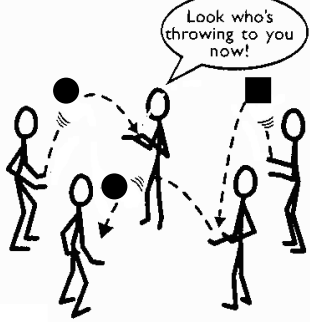
## **Ball Skills**

### **(Level 3)**

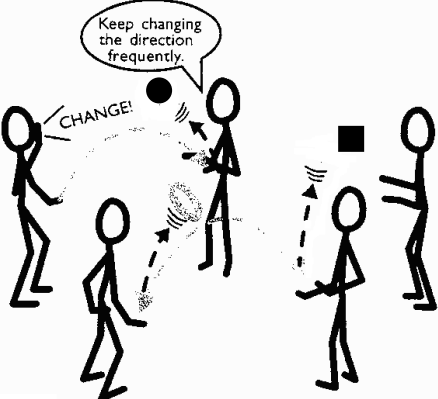
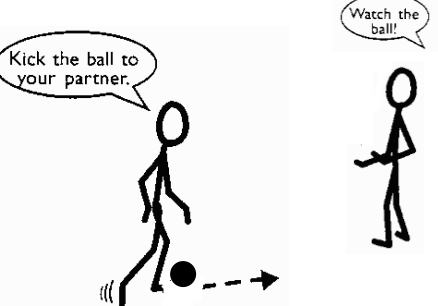
**Ball Skills**  
**Level 3 (page 1)**

Activity	Description	Target
	<p>Throw and catch a tennis ball between you and your partner.</p>	<p>How many catches can you do without dropping the ball?</p>
	<p>Throw and catch a bouncy football off a wall. Let the ball bounce once on the floor. Then try catching the ball before it bounces.</p>	<p>How many catches can you do  with a bounce?  without a bounce?</p>
	<p>Throw and catch a tennis ball off the wall</p>	<p>How many catches can you do  with a bounce?  without a bounce?</p>

Ball Skills  
Level 3 (page 2)

Activity	Description	Target
	<p>Throw and catch a tennis ball between you and your partner. Walk slowly opposite each other, 2 metres apart, in the same direction</p>	
	<p>Throw and catch a tennis ball with your partner while one of you moves around slowly.  Now speed up!</p>	<p>How many catches can you do in a row?</p>
	<p>Stand in a circle with a few others, throw a beanbag, ball and quoit around the circle in the same direction. Then try throwing in the opposite direction</p>	

Ball Skills  
Level 3 (page 3)

Activity	Description	Target
	<p>Throw a ball, beanbag and quoit around a circle. This time when the leader calls “change”, start throwing in the opposite direction.</p>	
	<p>Kick a ball between you and your partner while one of you moves around slowly. Now speed up.</p>	<p>How many kicks can you return?</p>