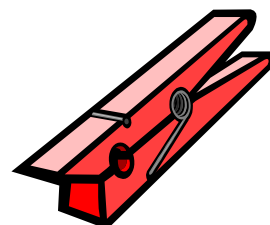




Arm and Hand Strength Workstations

Peg Workstation

- Peg dominoes
- Peg colour sequencing and pattern matching
- Peg sort: pegs off the string line into the matching container
- Peg words: fix letters to each peg and use to make/match words and names



Playdough Workstation

- Making handprints
- Finding hidden objects
- Garlic presses
- Pushing playdough out to cover small round trays for pizza bases



Water/Clay Workstation

- Free play with a variety of different sponges in water
- Transfer water using sponges from one container to another
- Transfer water using jugs
- Water spray bottles - squirt into a container containing bubble mix to make bubbles

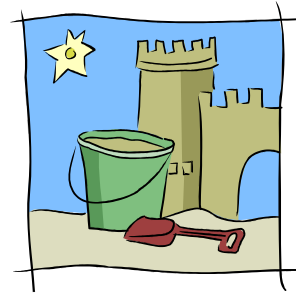
Construction Workstation



- Duplo
- Cleversticks
- Magnets
- Mobilo
- Lego
- Knex
- Screws, screwdrivers, hammers

Sand Workstation

- Wet sand treasure hunt
- Tunnel making
- Shovelling and scooping



Craft Workstation

- Tearing, ripping and scrunching paper
- Squeezing bubble wrap
- Staplers, hole punchers
- Tongs and tweezers to pick up, sort and hold
- Cooking and stirring food mixtures

Indoor Arm Strength Workstations

- Floor push ups - child sits cross legged on the floor, places arms at their side resting palms on the floor and straightens arms to slowly lift body weight off the floor.
- Wheelbarrow walks (watch your back)
- Weighted aerobic cuffs during activities for fun
- Row your boat with a partner
- Animal walks such as donkey kicks, rabbit, crab etc that involve weight bearing through arms

Outdoor Arm Strength Workstations

- Basketball tricks: dribbling, shooting, small throw and catch
- Batting
- Magnetic dart board
- Target ball
- Walking on hands over a barrel or ball
- Climbing
- Medicine ball relays
- Turning a skipping rope

