

Motor planning activities

All activities involve a degree of motor planning and many of the activities in this guide provide opportunities to practise this process. However movement games that ask children to do something a little out of the ordinary or that involve sequencing can be especially beneficial in developing a child's ability to plan and organise movement.

Wiggle it away

You will need to have a variety of items available for this game such as bean bags, door snakes, scarves, floor shapes and soft blocks.

Children get on to their hands and knees on the floor (the crawl position). Put an item on the back of each child. When the music starts, the children have to wiggle their backs until they can make the item fall off. They are not allowed to stand up or lift their hands off the floor. Stop the music and collect the items so that the game can start again. Some items are easier to 'wiggle away' than others.

This game can be played in reverse where children wiggle to the music but try not to let the item fall onto the floor.

Hoppy hoop

Stand in a circle with the children and ask everyone to hold hands. Undo one set of hands, put a hoop over the child's arm and join the hands up again. The object of the game is to pass the hoop around the circle without anyone letting go of their hands. This will involve stepping through the hoop before it is passed on. It also involves quite a lot of thinking!

Partner ribbons

Give each pair of children a length of ribbon or a scarf. When you say 'ready, set, go,' one child throws the ribbon or scarf as high into the air as they can and then their partner tries to catch it. Swap around for another turn. It is harder than it looks to both throw and catch the ribbon or scarf!

Alternatively, each child can have their own ribbon or scarf that they throw and catch.

