



## Jog - run



## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Place 2 markers 10m apart
- Child stands at 1st marker
- Child jogs slowly to the 2nd marker then turns and runs back to the first marker as fast as they can
- Repeat activity 5 times

## 2 HOW TO DO @HOME

Gallop around the dining room table

## 3 DEVELOPMENTAL BENEFITS

- Spatial awareness
- Motor planning

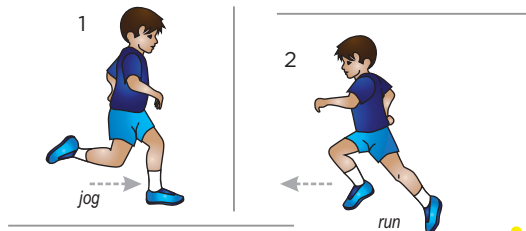
## DIAGRAM SECTION

## 4 EQUIPMENT USED

2 markers  
(paper plates or  
cups placed  
up-side down)



## 5 SKILL DIAGRAM



Hand dribble a big ball moving forward



## EXPLANATION SECTION

### 1 SKILL EXPLANATION

- Place 2 markers 6m apart
- Child stands facing forward at 1st marker with a big ball
- Child dribbles the ball forward using their dominant hand to the 2nd marker then turns and dribbles back to the first marker as fast as they can without losing control of the ball
- Child bends their knees
- Repeat activity 5 times

### 2 HOW TO DO @HOME

Dribble the ball around the dining room table. Stop and trap the ball after 3 dribbles

### 3 DEVELOPMENTAL BENEFITS

- Hand-eye co-ordination
- Motor planning
- Timing
- Gross motor co-ordination

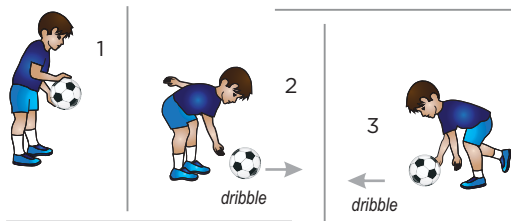
## DIAGRAM SECTION

### 4 EQUIPMENT USED



Big ball  
2 markers  
(paper plates or  
cups placed  
up-side down)

### 5 SKILL DIAGRAM





## Overarm throw a small ball

## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Place 2 markers 5m apart
- Child and Adult each stand at a marker, child standing sideways
- Child holds a small ball in dominant hand using the 3 finger grip and points at the target with the non-throwing arm
- Child places the ball next to their ear while the other hand points at the Adult and then overarm throws the small ball to the Adult
- Adult catches the ball and rolls it back to the child
- Continue activity for 4 minutes

## 2 HOW TO DO @HOME

Swap the ball for a fluffy toy or a large bath sponge. Place 2 markers 5m apart in the passage. Overarm throw and catch down the passage

## 3 DEVELOPMENTAL BENEFITS

- Bilateral integration
- Laterality
- Gross motor co-ordination
- Crossing the midline

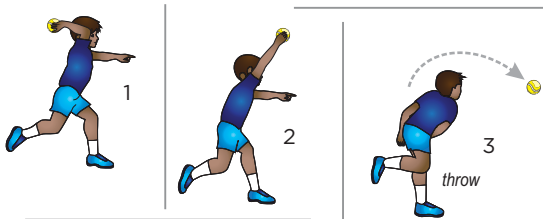
## DIAGRAM SECTION

## 4 EQUIPMENT USED



Small ball  
2 markers  
(paper plates or  
cups placed  
up-side down)

## 5 SKILL DIAGRAM





## Soccer dribble



## EXPLANATION SECTION

## DIAGRAM SECTION

## 1 SKILL EXPLANATION

- Place 2 markers 8m apart
- Child stands at 1st marker with a big ball at their feet
- Child dribbles the ball forward slowly to the 2nd marker, then turns and dribbles back to the first marker as fast as they can
- Repeat 5 times

## 2 HOW TO DO @HOME

Dribble the ball around the dining room table or coffee table in the lounge. Circle the table 3 times

## 3 DEVELOPMENTAL BENEFITS

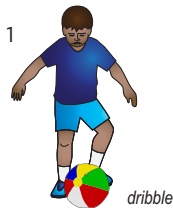
- Foot-eye co-ordination
- Crossing the midline
- Motor planning

## 4 EQUIPMENT USED

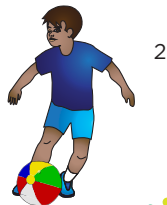


Big ball  
2 markers  
(paper plates or  
cups placed  
up-side down)

## 5 SKILL DIAGRAM



dribble





## Gallop - catch - throw



## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Place 2 markers 8m apart. Place a 3rd marker 5m ahead of the 2nd marker
- Child gallops from the 1st marker to the 2nd marker
- The Adult underarm throws a small ball to the child as they arrive at the 2nd marker
- The child catches it, then underarm throws the small ball at the 3rd marker

## 2 HOW TO DO @HOME

Swap the ball for a fluffy toy or a large bath sponge. Place a marker on the floor at one side of the table. Adult stands 4m in front of the marker while the child stands at the marker. Child gallops around the table back to the marker. The Adult underarm throws the toy to the child, the child catches it and underarm throws it back to the Adult

## 3 DEVELOPMENTAL BENEFITS

- Hand-eye co-ordination
- Tracking
- Gross motor co-ordination

## DIAGRAM SECTION

## 4 EQUIPMENT USED



Small ball  
3 markers  
(paper plates or  
cups placed  
up-side down)

## 5 SKILL DIAGRAM

