



## Spaghetti twists



## EXPLANATION SECTION

## DIAGRAM SECTION

## 1 SKILL EXPLANATION

- Child stands in an open area holding the corner of the cloth and completes the list:
  - Child runs holding the corner of the cloth/scarf
  - Child waves the cloth from left to right above their head, then in front of their tummy and then on the floor
  - Child waves it round and round above their head, then in front of their tummy and then on the floor
  - Child waves the cloth up and down above their head, then in front of their tummy and then on the floor
  - Child throws the cloth up as high as they can
- Continue activity for 4 minutes

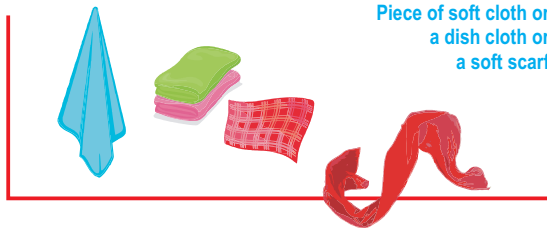
## 2 HOW TO DO @HOME

- In the passage or an open space in the lounge that is 3m in length works well
- Do the running item around the dining room table

## 3 DEVELOPMENTAL BENEFITS

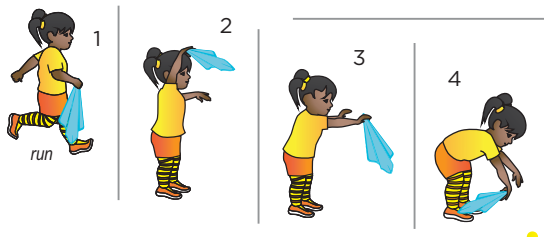
- Dynamic balance
- Laterality
- Gross motor co-ordination
- Crossing the midline

## 4 EQUIPMENT USED



Piece of soft cloth or a dish cloth or a soft scarf

## 5 SKILL DIAGRAM





## Chicken burger run



## EXPLANATION SECTION

## DIAGRAM SECTION

## 1 SKILL EXPLANATION

- **First the bread bun:** Child runs in an open area with arms above their heads in the shape of a circle
- **Now the tomato:** Child runs around an open area with arms in front of their chest in the shape of a circle
- **Next the chicken:** Child runs around flapping their arms with bent elbows
- **Finally:** Child runs around as fast they can to make sure the chicken burger sticks together
- Repeat activity 3 times

## 2 HOW TO DO @HOME

Each turn should be done around the dining room table or the coffee table in the lounge

## 3 DEVELOPMENTAL BENEFITS

- Spatial awareness
- Motor planning

## 4 EQUIPMENT USED

None required

## 5 SKILL DIAGRAM





## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Lay a towel on the grass
- Child lies along one of the short ends of the towel
- Adult rolls the child in the towel until there is 20cm of the towel remaining on the floor
- Adult gently pulls at the end of the towel and unrolls the child
- Pull gently until the child learns to hold their body in the movement
- Repeat activity 3 times

## 2 HOW TO DO @HOME

A large bed is ideal or the soft carpet in the lounge

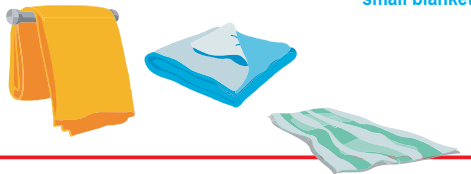
## 3 DEVELOPMENTAL BENEFITS

- Vestibular system
- Muscle tone of the core
- Gross motor co-ordination
- Motor planning

## Hotdogs

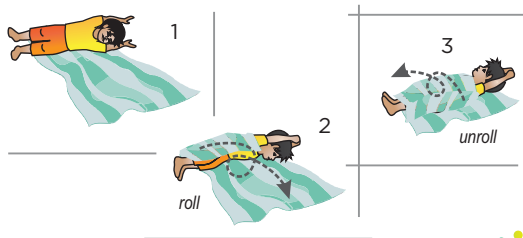
## DIAGRAM SECTION

## 4 EQUIPMENT USED



Bath towel or  
small blanket

## 5 SKILL DIAGRAM





## Roll and bowl

## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Place 2 markers 4m apart
- Together the Adult and child build a 30cm tower with the toys at the 2nd marker
- Child stands at the 1st marker facing the 2nd marker with their feet slightly apart
- Child places the ball at their feet with their hands on the back of the ball with their fingers pointing downwards
- Child rolls the ball to hit the tower
- Continue activity for 4 minutes

## 2 HOW TO DO @HOME

Build and roll in the passage or beside the dining room table in a space that is 4m in length

## 3 DEVELOPMENTAL BENEFITS

- Vestibular system
- Gross motor co-ordination
- Muscle tone of the core
- Motor planning

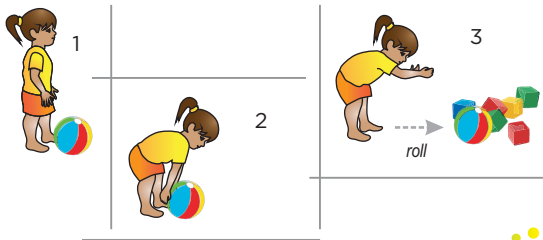
## DIAGRAM SECTION

## 4 EQUIPMENT USED



Beach ball or plastic big ball  
Toys for stacking  
2 markers  
(paper plate/cup placed up-side down)

## 5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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## Toe touch - sky reach

## EXPLANATION SECTION

## 1 SKILL EXPLANATION

- Adult and child stand 2m apart facing each other
- Child mimics Adult's action
- Adult performs different actions in any sequence:
  - Reach for the sky
  - Touch the knees
  - Touch the toes
  - Touch the shoulders
  - Reach for the sky
  - Reach for the toes
  - Touch the tummy
- Run on the spot for 10 seconds
- Continue activity for 2 minutes

## 2 HOW TO DO @HOME

In the passage or an open space in the lounge that is 3m in length works well

## 3 DEVELOPMENTAL BENEFITS

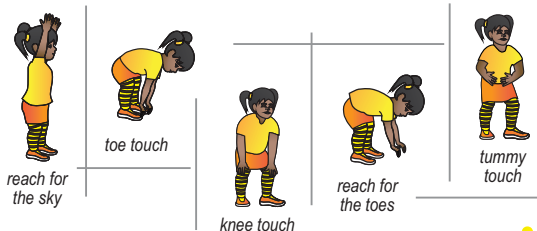
- Balance
- Muscle tone of the hip girdle
- Gross motor co-ordination

## DIAGRAM SECTION

## 4 EQUIPMENT USED

None required

## 5 SKILL DIAGRAM



CATEGORY:

MANIPULATION

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