



## **Occupational Therapy**

### **Gross Motor Skills**

While the weather is nice outside, why not have some fun and enjoy the sunshine. However, most of these activities could be adapted for you to play inside if the weather is too hot!

**Create an obstacle course** You can make it as you big or as small as you like, but include these gross motor movements like jumps, crawl, run, hop, skip, climbing under and climbing over things.

- Try and make each exercise or movement station different.
- Race against someone else.
- If you are doing it for yourself, then get someone to time you, see if you can get quicker each time?

Here is just a little idea of something you could create.



Or this?





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How about a game of indoor or outdoor tenpin bowling by using plastic cups or plastic bottles as your pins and a small ball as your tenpin ball!





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#### **Target Practice**

Challenge your creativity and make this target game out of cardboard boxes, card, paper, an old sheet or some plastic. If you have got card or paper etc, all you need to do is cellotape them together. Then cut out the holes or shapes with some scissors (with Adult assistance please) How big or small is up to you. Now have fun and decorate your design and add some numbers like the one's below.

Here are some example's of what your design could look like.



All you need to do now is create some things to throw. Use your imagination and instead of a ball try making some paper aeroplanes, scrunch up some old newspapers or tin foil. Or if you do have a ball or two and some bean bags then of course use them.

Great now you are ready to challenge yourself and other members of your household?