

MOTOR PLANNING



DESCRIPTION

Ability to conceive, organise and carry out a sequence of unfamiliar actions. May affect the upper limbs and hands (fine motor), body (gross motor), mouth and tongue movements (oral-motor), and/or eyes (oculomotor).

HELPFUL STRATEGIES

- ☺ Explain the activity well. Demonstrate if necessary. If needed break down into parts and practise those first.
- ☺ Get the child to imagine successfully completing the task ie. good motor planning. Stop & Think first!
- ☺ Repetition is helpful. The child may need more repetition than others when learning new tasks. May also need help in planning projects/homework tasks - work out the steps needed to achieve the end product.
- ☺ "Hands on" help may be necessary at first to actually give the child the "feel" of the required movement or position.
- ☺ Give feedback about what went well with a task, what they could change (may include speed, force of movement, timing, directions)
- ☺ Encourage self monitoring – tell me why that went wrong, what worked?

ACTIVITIES

Gross Motor

- ☺ **Obstacle Courses** - Under, over, slide, climb, through, between, forward, back.
- ☺ **Animal Walks** - (frog, bunny hop, kangaroo, bear etc). Also animal walks around objects.
- ☺ **Footpath or Paving Slabs** - Jumping, hopping, stepping - all only once on each slab.
- ☺ **Hokey Pokey**
- ☺ **Skipping** - With ropes and hoops.
- ☺ **String Maze** - Follow string maze with eyes closed.
- ☺ **Stepping** - Stepping over rod held with both hands.
- ☺ **Twister**
- ☺ **What Walk** - Ambulate using unusual body parts eg. knee and foot.
- ☺ **Soldier Jumps** - Same arm and leg then opposite arm and leg. Work towards 5, then 10, then 20 of each smoothly co-ordinated.

Fine Motor

- ☺ **Tying Knots** - eg. macrame.
- ☺ **Pick-Up Sticks and Knuckle Bones**
- ☺ **Playdough and Clay Activities**

Construction

- ☺ **Make Scenes** - with plastic animals and railway tracks. Push objects around map of river/road, railway network.
- ☺ **Jigsaws**
- ☺ **Block Construction**
- ☺ **Mosaics**
- ☺ **Threading** - eg. in sequence beads or coloured macaroni.

Ball Games

- ☺ **Catching** - Catching, throwing, bouncing, target ball or beanbag games.
- ☺ **Catcher** - Catching ball/beanbag in cut-down plastic bottle scoops.
- ☺ **Ball Against the Wall** – add turns, claps, bounces etc.
- ☺ **Juggling** - Start with one, work towards 2. Try 3 beanbags between two people.

Pencil and Paper

- ☺ **Activity Books** - Dot-to-dot, mazes, follow the arrows.
- ☺ **Tearing Paper** - For collage activities.
- ☺ **Scissors** - Cut and paste activities, using sticky tape as well as glue.
- ☺ **Origami** - Paper planes, more patterns in books.