Balloon Activities to Develop Gross Motor Skills

twinkl

Gross Motor Skills Groups

This is one of a series of activities designed to aid the development of a child's gross motor skills. Each session begins with some warm up exercises to improve the children's balance, co-ordination, bi-lateral integration and spatial awareness. A range of equipment is used during the sessions that have been approved and recommended by physiotherapists and occupational therapists.

Most exercises are also attempted without vision.

Equipment used
Benches, hoops, quoits, cones, mats, physio balls, physio rolls, scoot boards, a variety of weights and sizes of balls, rocker board, bubble wrap, bean bags, tunnels, hockey sticks, markers and posts.

How the equipment is used
Benches: to walk forwards, backwards, sideways, on tiptoes, heels and heel to toe. To pull along whilst on stomach, crawl and step ups. Occasionally hoops are placed around the benches and the children crawl under or over them. The benches are usually put out on angles or straight lines.

Quoits, cones and markers: to make courses for the children to follow.

Mats: these are nearly always set out diagonally. Children follow the direction around the edge of the mats by walking, running, knee walking or using hockey sticks and balls.

Tunnels: to crawl through, to roll in and to roll balls through.

Physio ball and roll: to sit on, lay on (front and back), to act as support.

Rocker board: for balance.

Variety of balls: different weights and sizes for visual and spatial perception.

Scoot boards: to lay on, sit on and kneel on.

Edra cones and hoops: are used to make an obstacle course. All the warm up exercises for balance, body awareness, body perception and co-ordination are attempted without vision.

Balloon Activities

- From a standing position, throw a balloon up and down and catch with both hands together.
- From a standing position, tap the balloon from your right hand to your left hand several times.
- Whilst walking or running around the hall, throw the balloon in to the air and by tapping it upwards try to prevent it from falling to the floor.
- With a partner, both standing still, throw the balloon to each other, catching with both hands. Vary the distance between each other during this exercise.
- With a partner, throw and catch the balloon to each other while moving around the hall.
- While walking forwards around a course of markers or cones, try to keep the balloon in the air.
- While walking backwards around a course of markers or cones, try to keep the balloon in the air.
- With a partner, sit facing each other, about 1 metre apart and throw or tap the balloon to each other, trying to keep to a rhythm.
- From a standing position, with your left hand, bounce the balloon on the floor as you would a ball several times.
- From a standing position, with your right hand, bounce the balloon on the floor as you would a ball several times.
- While walking forwards, bounce the balloon on the floor with your left hand.
- While walking forwards, bounce the balloon on the floor with your right hand.
- While walking forwards, bounce the balloon on the floor using both hands alternately.