



MOTOR PLANNING ACTIVITIES

Motor planning is the ability of the brain to conceive, organise, and carry out a sequence of unfamiliar actions. A child with motor planning dysfunction may seem clumsy, accident prone and messy.

- **Copy Game:** Child imitates a sequence of movements produced by the adult e.g. jump, clap, and pat your head. Hands in the air, hands down to toes, sit on the floor.
- Star jumps, windmills, bunny hops etc.
- **Play 'Simon Says'** – game to develop the child's ability to transfer verbal commands into motor acts. Tell him/her what to do, but do not show them. This will teach them to carry out verbal instructions.
- Create different **obstacle courses** to challenge the child's motor planning ability e.g. Include crawling under or through things, on sofas, under tables, climbing over things, walking on uneven ground, carrying things, jumping through hoops or over small things, stepping stones (pieces of paper or carpet squares spread out on the floor) walking along small walls or benches, using a bike or trike, walking on tip toe, balancing on one foot, hopping, walking along a line etc. The course can be set up to be done indoors or outdoors. Initially the adult may need to plan the obstacle course for the child, and then gradually encourage the child to add an element to the obstacle course the adult planned, so in the end the child can design and plan their own.
- Another fun activity that can be done on its own or incorporated into an obstacle course is the '*two box game*'- using two boxes the child has to use the boxes to plan to get across the room (or outside space) without their feet touching the floor. The boxes need to be large enough for the child's feet to fit inside, but not so large that they trip over the side of the box. Method: child stands with both feet in box one, positions box two in the direction they want to move and steps into box two and so on. When first doing this activity you can use pieces of A4 size paper (so they don't catch their feet on the box sides) and later you can use boxes as your child's confidence and skill improves.



MORE MOTOR PLANNING ACTIVITIES

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- **Statues** – child runs, dances, skips, jumps around in time to music. When the music stops, the child “freezes” in that position.
- **Stepping Stones** scatter a path of hoops or mats (e.g. carpet samples) on the floor – hoops are steps and floor is the river. The child needs to get across the river by only stepping in the hoops or on the mats.
- **Windy Walking** – place a rope on the floor in a winding twisted pattern, have the child walk with one foot on either side of the line.
- **Hit the Target** – encourage child to take up various positions from which to toss a beanbag to hit a target e.g. standing up, kneeling, half kneeling (one knee up, one knee down) on all – ‘4’s etc.
- **Beanbag Pass** – Make a game out of devising various ways that the child can pass beanbags to you.
- **“Snake”** - slowly wiggle a rope by moving one end of it and child jumps over.
- **Animal walks** – e.g. crag, elephant, rabbit etc. see separate sheet.
- **Twister** – (commercially available game).

