



REV UP YOUR MOTOR SKILLS 4-8 YEAR OLDS

MONAGHAN/CAVAN PHYSIOTHERAPY
DEPARTMENT, HSE CHILD
DEVELOPMENT TEAM



➤ **10 minute gross motor workout**



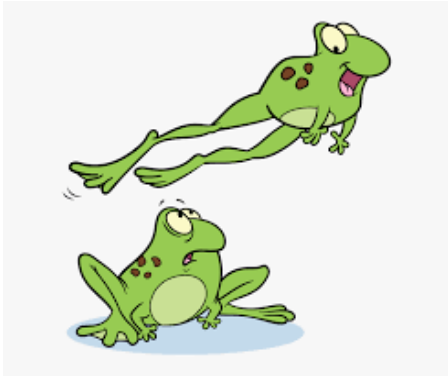
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

1. CRAB WALK



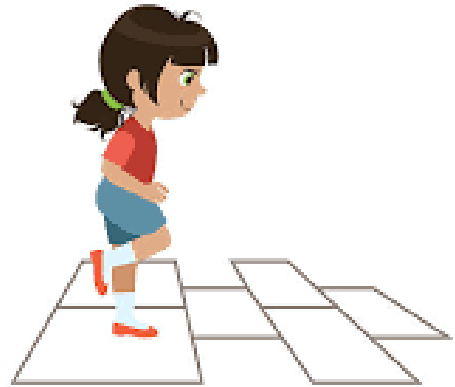
- ❖ Sit on the floor on your bottom
- ❖ Put your hands under your shoulders
- ❖ Lift your bottom up off the floor
- ❖ Walk forward like a crab for 15 steps
- ❖ Repeat 3 times

2. FROG JUMPS



- ❖ Bend both your knees, touch your hands to the floor in between your knees
- ❖ Jump up as high as you can like a frog, moving forward
- ❖ Land down on both feet with your knees bent and return to the starting position
- ❖ Complete 15 frog jumps in this way
- ❖ Repeat 3 times

3. HOP SCOTCH



- ❖ Hopscotch involves 1 foot hop, then a 2 feet jump, 1 foot hop and so on
- ❖ This can be completed on a tiled floor, or even on the one spot
- ❖ Complete one hop, followed by one jump 5 times
- ❖ Repeat 3 times

4. STAR JUMPS



- ❖ Stand up with your feet together and your hands down by your sides
- ❖ Jump your feet out to either side and move your arms up above your head at the same time
- ❖ You should look like a star in this position
- ❖ Then jump back to the starting position
- ❖ Repeat 10 times
- ❖ Complete 3 sets

5. BALL BOUNCING



- ❖ Find a ball at home that is bouncy
- ❖ Bounce to the ground with your right hand, then your left, then your right.
- ❖ Repeat for 20 bounces, change hand each time
- ❖ Complete 3 times

6. STAND LIKE A FLAMINGO



- ❖ Balance on your right foot, bending your left knee up to keep your left foot off the floor
- ❖ Hold this position for as long as possible, aiming for 10 seconds
- ❖ Switch to balance on your left leg
- ❖ Repeat 3 times on each leg