

## Perceptual Motor Development

### IDEAS FOR PARENTS TO DO AT HOME

- Swing ball
- Ball games including throwing, catching, kicking, bouncing
- Games with balloons
- Card games like snap
- Rolling over large balls
- Upside down activities like handstands, forward roll
- Bouncing toys like trampoline
- Adventure playground
- Simon says
- Hop, walk step, jump, march, tip toe
- Moving sideways, backwards, right, left, forwards
- Rolling/crawling
- Climbing trees etc/ dodging games
- Balancing
- Throw a ball at a wall, into a container, at a target
- Hopscotch
- Sewing
- Dancing/ moving to music
- Talk about opposites
- Reading lots of nursery rhymes and learning them
- Rhyming words
- In a mirror, talk about body parts elbow ankle etc.
- Before/after bigger/smaller in front/behind
- Instruction games e.g. walk forward, jump 3x, turn around, hop forward 4 times and sit down. Go
- I spy
- Days of the week every morning when going to school, talk about what we did yesterday and plans for tomorrow.
- Clapping games e.g. My name is E-li Clapping on every syllable.
- Make sandwiches
- Baking
- Counting things around the house e.g. like toys in toy box etc
- Sorting of toys e.g. lego
- Set the table
- Listen to story tapes before bed or instead of tv.