

EXERCISES FOR 4-8 YEARS

1. Practice throwing, kicking and catching a ball.
2. Hanging up the washing and using clothes pegs. This is excellent for their fine motor control too! (The child should hold the clothing item and peg it on their own.)
3. Dancing, turning and twisting. It's fun and easy!
 - Add wands or scarves to make it more interactive for the children. Encourage them to wave them side to side. Use both hands.
4. Pretend to wash a car or clean objects using big circular arm movements. Lying on their stomachs and drawing uses the same motion too when having to reach for a crayon.
5. Threading activities. (Use a shoelace and plastic lid top if needed).
6. Locomotor activities that require touching opposite sides of the body e.g. Touching elbow to knee, Windmill jumps (opposite hand to opposite foot), Russian twists (seated on the floor knees bent child must move arms together from one side of their body to the other).

