

Fun Tips From the Physical Therapist

Physical Therapy is concerned with improving a child's large motor skills so they can participate in and benefit from their educational program.

Here are some general large motor activity ideas that can be enjoyed at home.

Activities to improve balance skills:

- Hop on 2 feet
- Hop on 1 foot
- Stand on 1 foot
- Walk along curbs like a balance beam
- Hopscotch
- Jump over low small objects
- Twister™ Game
- Go noodle: <https://app.gonoodle.com/activities/tightrope>
- Go noodle: <https://app.gonoodle.com/activities/surfer-dude>



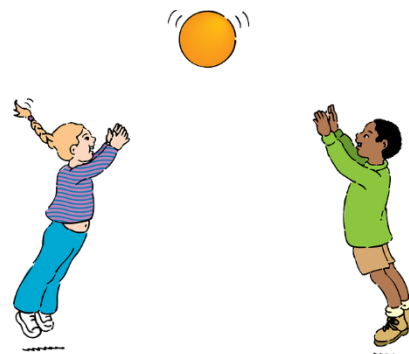
Activities to improve bilateral coordination skills:

- Gallop
- Skip
- Jumping jacks
- Marching
- Dancing
- Go noodle: <https://app.gonoodle.com/activities/chicken-dance>
- Go noodle: <https://app.gonoodle.com/activities/pop-see-ko-2-dot-0>



Activities to improve throwing and catching skills:

- Throw overhand
- Throw underhand
- Throw balls at a target
- Throw balls in a basket
- Bounce and catch a ball
- Dribble a ball
- Kick a rolling ball
- Hit a ball off a tee



Activities to improve strength and endurance:

- Sit-ups (hold their legs down for support if needed)
- Wheelbarrow walk
- Crab walk
- Running
- Walking up and down hills (forwards, backwards, sideways)
- Help carry groceries into the house
- Jump rope
- Bear walk
- Kid's Yoga: YouTube has many Cosmic Kids yoga sessions that are fun for the kids, here is the link to one of them: <https://www.youtube.com/watch?v=iWowDC3x0hE>



Tips to Remember:

Make activities a FUN FAMILY activity. Play outside at least 30 minutes a day.

Activities can be modified for indoor play when the weather is bad.

Set up obstacle courses indoors or outdoors.

Have Fun!