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](https://app.gonoodle.com/activities/tightrope)
  - Go noodle: [https://app.gonoodle.com/activities/surfer-dude](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](https://app.gonoodle.com/activities/chicken-dance)
  - Go noodle: [https://app.gonoodle.com/activities/pop-see-ko-2-dot-0](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!