

**Fine & Gross
Motor Activities**

Motor Planning



May 13, 2020

Lesson: [May 13, 2020]



Learning Targets:
Motor Planning
Fine and Gross Motor Skills
Strengthening
Balance
Sensory Integration



Background:

Motor planning happens with everything we do!

Motor planning is part of a group of skills that help us move our body the way we want to.
Motor planning is a process that helps us learn motor actions.

- *Motor planning is a skill that allows us to remember and perform steps to make a movement happen.*
- *We use motor planning for all physical activities, including everyday tasks like brushing teeth or washing hands.*
- *Kids who struggle with motor planning may take a long time to learn and complete physical tasks, like tying shoes.*

Let's get started:

[We're Going on a Bear Hunt | A Cosmic Kids Yoga Adventure!](#)
[One Little Finger | featuring Noodle & Pals | Super Simple Songs](#)



Gross Motor

Have your child draw the lines and shapes with sidewalk chalk for this activity.

Simple Sidewalk Chalk Activities



Fine Motor

- * Put white pom poms or cotton balls in a clear baggie.
- * Push air out of baggie and seal it.
- * Add a red pom pom or a small red ball, bead, etc.
- * Draw a black wavy line with a Start and End point.
- * Work the red “ball” from Start to the End along the line.

Island Hopping



Pom Pom Maze



Motor Planning Activities using Rhythm and Music

"Tap, Tap Song"

Music Therapy Outreach Week: Using music to help develop motor planning skills

