

Fine and Gross Motor Activity

Fun with Spots

May 15, 2020



Fine & Gross Motor Activities
All Ages & Abilities
Lesson: May 15, 2020

Objective/Learning Target:

***Eye-Hand Coordination**

***Balance**

***Motor Planning**



Make Learning Fun

*Print colored shapes from this link: [Shape and Color Printables](#)

*Stick them on the wall with painters tape or whatever you have available.

*Use pictures instead or add them to the printable.

*Use sight words instead or add sight words to the printable.





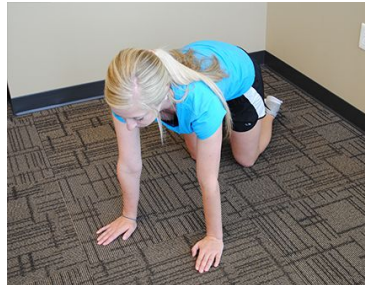
Let's Get Moving & Learning

Have your child get into various positions when reaching for the “spots”.

*Have them or help them get on all fours on the floor.

*Place the “spots” on the wall or the floor in various positions and have them or help them reach for the “spots”.

[Reaching On All Fours video](#)



*Have them or help them kneel close enough to a wall or table that they can reach the “spots”.

*Place the “spots” in various positions and have them reach for the “spots”. [Wall Planks Tapping video](#)

To increase the challenge, request that they reach using specific fingers, for example “right thumb or left pinkie”





Keep Moving & Learning

*Have your child or help your child stand near a wall, close enough that they can reach it, but far enough away to make it a “just right” challenge.

*Place the spots down toward the bottom of the wall

*Have them or help them stand on one foot, using the wall for support, if needed, and touch the “spots” with one foot, and then the other. [Wall Toe Taps video](#)

*Have them or help them bend at the knees to touch the “spots” [Squatting Wall Taps video](#)

*Move the “spots” anywhere on the wall or floor to provide alternate positions and reaching opportunities.

