

Fine and Gross Motor Activities

All Ages and Skill Levels

Fun
in the
Sun



May 22, 2020



Fine & Gross Motor Activities

All Ages & Abilities

Lesson: May 22, 2020

Objective/Learning Target:

Hand strengthening, bilateral coordination, motor planning, sensory, gross and fine motor strengthening, eye hand coordination.





Water Blaster Fun!

- **Getting outside and running around is a great sensory break. It improves our motor skills and our mood. Adding water adds to the fun!**
- **Grab a bucket or a wading pool and fill it up with water.**
- **Throw in some water blasters and let the fun begin!**





Fun Challenges



Using your hands together improves your eye hand coordination, visual spatial relations, and bilateral skills.

- Draw a path or shapes using sidewalk chalk and spray off with the water blaster!
- Draw a target on a fence or tree with chalk and spray it off.



Play on the Move!

- Set up empty water bottles or other plastic containers and spray them over. Can you do it laying on your stomach? Kneeling on one knee?
- Hang a paper plate from limb and see how far away you can stand and spray the target. Can you hit it while walking, running, skipping, standing on one foot? What's the highest leaf you can hit?

Challenge yourself in new ways! Improve your coordination, balance and motor planning.

