

Home Ideas: Fine and Gross Motor – K-2

By the end of the end year we would like students to be counting to 100 and backwards from 20.

Keep in mind:

- These activities can be repeated and extended upon.
- Talk to your child about their play (but don't quiz them!). Be a good example for using a rich vocabulary. Don't simplify your selection of words!
- Use your first language (especially if it's not English!)
- You can brainstorm other activities with your child that involve movement and play.
- Encourage your child to also engage in unstructured play time with their toys.
- Have fun!



<p>☆ Cutting ☆</p> <p>Cut some pictures from Magazines. Glue them onto a blank piece of paper to create a picture.</p> <p>See resources for some cutting activities</p>	<p>☆ Action Songs ☆</p> <p>Sing songs such as Twinkle Twinkle Incy Wincy Spider Two little Dicky Birds Where is Thumbkin</p>	<p>☆ Threading ☆</p> <p>Thread some objects onto a piece of string – beads, cut up straws, pasta.</p>	<p>☆ Complete some pre-writing pattern ☆</p> <p>Choose one page and complete the page.</p>	<p>☆ Playdough ☆</p> <p>If you have playdough at home. Use the playdough to create faces, snakes, creatures. You could add items to decorate your creation.</p>
<p>☆ Pegs ☆</p> <p>Use some pegs to peg onto an icecream container or</p>	<p>☆ Animal Fun ☆</p> <p>Use the Animal Fun cards to do some different gross motor movements.</p>	<p>☆ Throwing and Catching ☆</p> <p>Practise throwing and catching using a ball , scrunched up paper or even a light scarf. Throw small objects into a container from a short distance.</p>	<p>☆ Running ☆</p> <p>See how fast you can run around your yard. How many times can you run up and down in one minute.</p>	<p>☆ Playdough Recipe ☆</p> <p>Ingredients 2 tbs cooking oil 4 tbs Cream of Tartar 2 cups plain flour 1 cup salt Food colouring 2 cups water</p> <p>Directions Mix all the ingredients in a saucepan and stir over medium heat for 3-5 minutes, until the mixture congeals.</p>
<p>☆ Water painting ☆</p> <p>Do some pre-writing patterns on the wall outside using water as paint.</p>	<p>☆ Skipping ☆</p> <p>Practise skipping around the back yard or skip with a rope if you have one.</p>	<p>☆ Yoga ☆</p> <p>Do some yoga poses. See resources for ideas Or use Cosmic kids Yoga on youtube.</p>	<p>☆ Rolling ☆</p> <p>Practise rolling on the carpet. Arms and legs straight – you can be a pencil (arms up) or a seal (arms by your side). Roll one way three or four time and roll the other way.</p>	<p>☆ Gross Motor Resources ☆</p> <p>Look at the resource package for other games to play.</p>