

Experiences to help develop Co-ordination, Strength and Balance Skills

Skills Needing Co-ordination	Experiences Promoting
Pulling	Pull toys Tugowar
Catching	Ball Games Bean bags Sevens Ball game
Throwing	Ball Games Bean Bags with targets
Walking	General every day walking Walking trolleys/pushers
Jumping	Mini Tramps Hop Scotch Hoppy Balls Skipping ropes Lilly pad jumping games Sack Races Elastics game
Hopping	Dancing Hop Scotch Skipping Ropes
Stopping and Starting	Statue Games Freeze Games
Dodging	Tiggy Red Rover
Striking	Golf Hammering Totem Tennis Piñatas Base ball Cricket T-ball Pingpong
Kicking	Ball games
Galloping	Hobbie Horses Copy Cat Games Dancing
Pushing	Cars/Truck play Prms Seesaws Punch balls Lawn mowers/wheel barrows Push other on rides (Swings/bikes)

Skills Needing Balance	Experiences Promoting
Dancing	Action Songs Statues Different types of Music
Balance Beams	Stand on Sit on Walk on Climb along
Using Balls	Fit balls Rolling Medicine balls Tunnel ball Catch/throw balls
Using Hoops	Leap frog Hoola hooping in different body parts
Walking	Balance Beams General walking Stepping Stones/logs Stilt walking
Jumping	Mini tramps Hop Scotch Skipping ropes Lilly pad games Hoppy balls
Hopping	Dance Hop Scotch Skipping ropes
Stopping and starting	Freeze games Statues
Twisting	Dance Hoola Hoops Twister the game
Bending/stretching	Bend & stretch song (Mr Doo Bee) Leap frog Putting away toys
Kneeling	Lego, cars etc... on a floor mat
Squatting	Leap Frog Games Duck Waddling

Skills Needing Strength	Experiences Promoting
Pulling	Tugowar Rowing actions Monkey bars
Catching	Ball games Bean bags
Throwing	Ball games Bean bags Target games
Grasping	Climbing Drawing Playdough Pegging Handball
Leaping	Jack in the box games Catching bubbles Leap frog/pad game
Running	Games of tiggy Races Football Games