

Some suggested activities to improve motor coordination in all children

(Note: All activities should be done under parental supervision. Please check with your doctor or physiotherapist / occupational therapist if you are unsure.)

- Strengthening the shoulder muscles:
 - Wheel-barrowing
 - Pull-ups
 - Push-ups
- Strengthening the core (trunk) muscles:
 - Sit-ups
 - Bridging
- Developing hand-eye coordination and visual tracking skills:
 - Throwing and catching a ball
 - Playing tennis, table-tennis, baseball, football
- Developing bilateral (right-left) coordination:
 - Cycling, swimming, throwing and catching a ball, climbing up a ladder
- Developing hand skills:
 - Playing five-stones
 - Squashing and rolling play dough with both hands
 - Playing the piano
- Developing balance:
 - Tandem walk
 - Stand on one leg, eyes open or eyes closed
 - Walk backwards
 - Hop on one leg