



Frederick Holmes School  
Frederick Holmes School  
Inglemire Lane, HU6 8JJ, Kingston-upon-Hull, United Kingdom

Provided by Sammie Scott-Wells  
Provided for

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Ideas of activities to complete to develop more advanced gross motor skills

Playing on a scooter

Learning to ride a bike with or without stabilisers on or balance bike if pedalling is too difficult

Age appropriate activities e.g. soft play, parks

Sporting activities e.g. football, netball, tennis, swimming

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Kicking Activities:

Dribbling the ball.  
Kicking to a partner.  
Pushing the ball forward and stopping it with a flat foot.  
Dribbling the ball around an obstacle course.

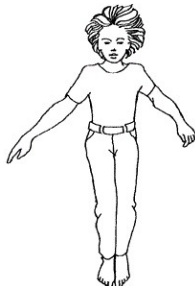
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Star jumps

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Jumping activities e.g.

Hop scotch  
skipping  
Jumping to different coloured markers on the floor

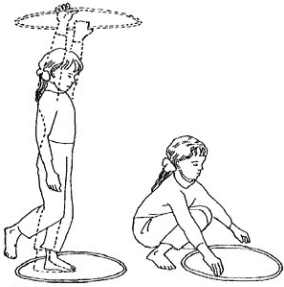
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Hopping

Swap legs

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Hoop activities.

Step inside a hoop.

Pick it up. Lift it up your body and over your head.

Place it down in front of you.

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Bat and ball activities help hand eye co-ordination.

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