

## Physical Development Activities To Do at Home

### Skittles

Find either toys or toilet roll tubes or old plastic bottles to set up as a skittle throw. Give your child a ball and see how many they can knock down. The bigger the ball the easier the activity so decide which suits your child.



Dancing - Whether it's a dance class or an indoor dance party, dancing is good gross motor practice. It helps kids develop balance, coordination and motor sequencing skills.

Ideas:

- Heads, shoulders knees and toes
- I am the music man
- Hokey Cokey



### 5 minute workout-

5 minute move with Joe Wicks

<https://www.youtube.com/watch?v=d3LPrhIOV-W>

Spend 5 minutes getting your child to engage in a full body work out. Joe Wicks provides these each day so get into a routine with doing them daily and they will get used to the sequence Joe Wicks provides.



### Sensory music

Carry out one of the sensory music activities for calming, relaxing or alerting your child

