



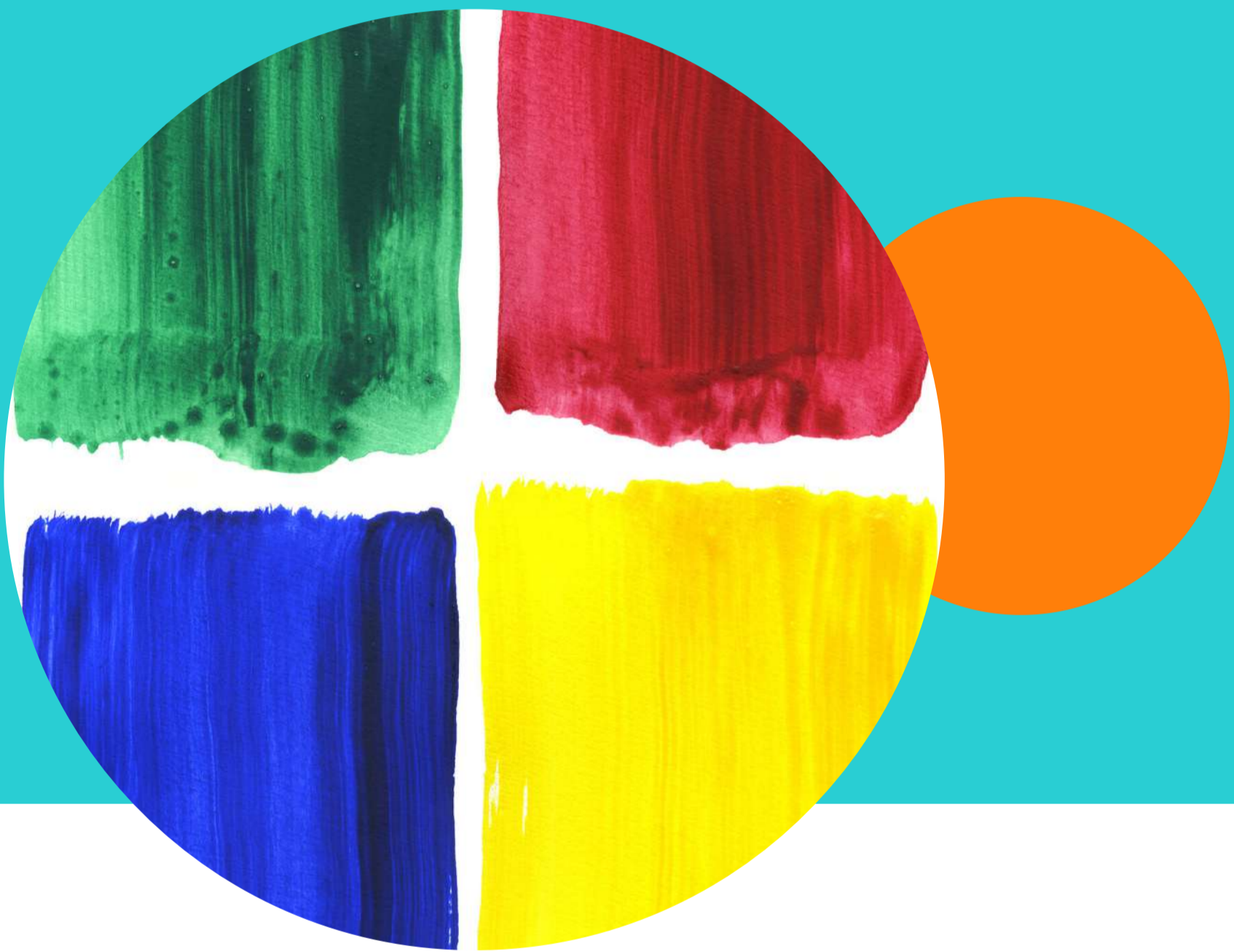
GROSS MOTOR GAME

# GET ME ACTIVE

AGES 5-6



# DOOR COLOUR TOSS



Carry out this activity/ game in order to focus on your gross motor development this week



# OUTCOMES

By carrying out this activity you will be focusing on the below outcomes

1

Object control and manipulation

2

Throwing

3

Aim

4

Coordination

5

Colour identification



# EQUIPMENT

Below are suggestions of what you can use to create your game

- Coloured cardboard/ paper
- Coloured socks/bean bags
- Start marker
- Prestick/sticky tape



# STEPS TO PLAY



1

## STEP 1

Place different coloured pieces of paper or t-shirts on a door or wall with the tape

2

## STEP 2

Give the children some rolled up socks or bean bags that they can throw with

3

## STEP 3

Draw a line on the ground where the children will stand behind and throw from

4

## STEP 4

The children must then throw the balls at the different colours - matching the socks/bean bags to the colour on the door



# VARIATIONS



Use these variations to make the game more engaging and to change up the level of difficulty

- You can write different words of the alphabet or numbers on the paper that the children have to aim for
- Instruct the children to throw overhead, underhand and at chest height
- Move the start marker further back to make it more challenging
- You can award certain points e.g. the same colour ball hitting the same colour on the door is 5 points. If they land the ball onto another colour, it is only 3 points



## REACH OUT TO THE KIDS COLLAB TEAM IF YOU HAVE ANY QUESTION OR QUERIES ABOUT THE PROGRAMME

### Disclaimer:

Please note that these activities have been selected, adapted and developed for the specific age group mentioned, and efforts have been made to ensure the age appropriateness of the tasks.

These activities and programmes form part of a stimulation programme and are not part of a therapeutic treatment intervention programme. Please contact us should you have a concern regarding your child's development or abilities. Please keep in mind when performing these activities that all children develop at different speeds and at different times depending on their age.

Please feel free to use your discretion to make the activities easier or more difficult, and adjust the amount of assistance you give your child; depending on how your child copes with each activity.

These activities require the full supervision of an adult, and KIDS COLLAB and its associates/affiliates/contributors cannot be held liable for any damages or injuries incurred during the execution of these activities.



COMPLETE THIS TASK AND  
MOVE ONE STEP FORWARD  
IN YOUR BOARD GAME

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