KIDS COLLAB

activating bodies and space



GROSS MOTOR GAME

GET ME ACTIVE

AGES 3-4

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STICK BALANCE SWOP



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

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OUTCOMES

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

1. Object control and manipulation
2. Balance
3. Agility
4. Coordination
5. Builds confidence

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EQUIPMENT

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

- Two long sticks that can balance on the floor:
  Broom or feather duster etc
- Cones

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STEPS TO PLAY



1

STEP 1

Find an open space or room; this game can either be played inside or outside

STEP 2

2

Stand facing your child and make sure both of your are holding a stick

STEP 3

3

Instruct your child to balance the stick and then on your call you will both run to swop sticks, making sure the sticks don't fall to the ground

STEP 4

4

Continue a few rounds of this, alternating between long rests and shorter rests when swopping the sticks

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VARIATIONS



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

- Make the distance between the two sticks closer to make it easier and further away to make it more difficult
- Place a cone in the middle of the two sticks that your child needs to run around before they try and catch the opposite stick
- Change up the game by holding the two sticks in each hand and your child standing behind a cone, as you call "go" encourage your child to run as quickly as they can to catch the two sticks before they fall. Swop and repeat

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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.

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