

## OT/PT Program

### TIP SHEET

## GROSS MOTOR ACTIVITIES

### **GROSS MOTOR BREAKS: (SLOWLY to calm students/QUICKLY to alert students):**

Brief activity at desk to increase alertness or lower activity/agitation of student(s)

- March or perform knee bends in place at desk/may recite class material
- Stand: Raise heels upward then back to floor/may continue into knee bend
- Stand and press hands into the table top/desk
- Stand up and perform jumping jacks in front of desk
- Perform cross-laterals (march in place, striking the raised knee with hand of the opposite side, repeat in reciprocal pattern)
- Chair Push-ups: Press hands into the chair, try to raise hips up/down
- Hop on one foot or jump on two feet (for alerting) or stand on one foot (for calming) for a specified count (“Let’s stand/hop until we count to....”)

### **GROSS MOTOR APPLIED TO LEARNING:**

- March, hop, or walk through classroom while reciting facts (ABCs, math facts, counting) use straight or curved path or on floor-level balance beam
- Draw spelling words, numbers, or alphabet in the air with hands. Child should be watching their hands to develop eye-hand coordination. Use large sweeping motions, with two hands together, to increase coordination and reaching across midline when standing or seated
- Walk on a tape line with numbers in sequence or alphabet placed on line
- Pass a beach ball/weighted ball through class as you + students recite facts

### **ASSIGNED GROSS MOTOR AREA/CALMING CENTER**

- Consider establishing area with floor mat, step, assigned exercises where students move to perform activities (limit to 5 minutes) to reduce agitation, perform heavy-work tasks to control their behavior, learn self-modulation
- Provide instruction in appropriate use: one person at a time, time limit, quiet performance of tasks, not to intentionally distract others
- Ask your school-based PT to assist with equipment set-up and exercise list