

Primary P3-4 PE:

Gross and Fine Motor Skills

Below are 6 tasks. 'Click' on the blue writing and it will take you to a video. Complete Task 1 and then complete 2 or more other tasks.

1. Gross and Fine Motor Skills

FLIP

Click on the link below and work through the videos, tasks and challenges. The explore and create pages have lots of exercises and challenges.

Gross and Fine Motor Skills

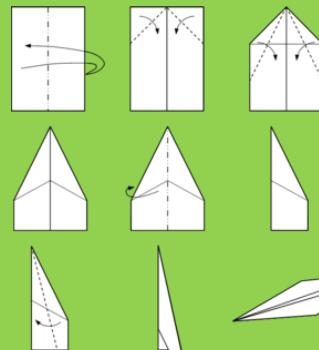
FLIP



2. Paper Aeroplane

Ask an adult to help create a paper aeroplane, you can use the picture or [click here for video](#) for ideas.

Task 1. Set up a box/basket/bowl to aim for. Choose your distance, give more points the further away you are.



Task 2. Throw your paper aeroplane as far as possible, step out to measure how far it travelled. Try and beat your score each time.

Remember: Opposite foot from throwing arm in front. Side on, non throwing arm pointing to target.

To make it easier:

Bring the box/basket closer.
Someone holds the box and moves it to catch the aeroplane.

To make it more challenging:

Move the box/basket further away.
Use your weaker hand to throw the paper aeroplane.

3. Peg Race

Grab a clothes peg, 5 cotton wool balls (or something small) and a tub. Only using the peg, get all the cotton wool balls into the tub as fast as you can.



What was your time?
Can you beat it?

To make it easier:

Keep the tub close to you.
Use larger pegs.

To make it more challenging:

Make it a race with someone at home.
If you have chopsticks use them.
Use your non-dominant hand.

4. The Sock Throw Challenge

You have 1 minute to throw different pairs of socks (or different non breakable items) into a box. How many can you get in?



Watch this video to see this challenge in action.

[Sock Throw Challenge.mov](#)

Can you beat your score?

Play against someone in your house. Start with the same amount of pairs, who can get them all in first.

To make it easier:

Move your marker line closer.
Use a bigger box.

5. The Tidy Up Challenge

When you are tidying up your things, try not to use your hands to pick them up. You can use your elbows, feet or any other part of your body that you like. Try not to drop the objects before you put them away.



Here is a video to show you.

[Tidy Up Challenge](#)

How quickly can you tidy up?

6. Table Football

Try this classic game.

Equipment:

Any size table, a large coin

Someone to play against or a target.

Rules:

1. Using your finger, starting with the coin hanging over the edge of the table, you have 3 pushes to get the coin hanging over your opponent's side of the table.
2. If the coin falls off or doesn't reach the edge your turn is over.
3. If your coin lands at the edge of the table you can flick the coin up and catch it in both hands. (no catch = turn over)
4. If you catch it you then spin the coin and try to grab it using your thumbs.
5. Flick the coin to the goal your opponent makes with their fingers and thumb.



To make it easier:

Use more flicks, a larger coin or a bigger target.

To make it more challenging:

Move your marker line further away.
Use your non-preferred hand.
Use a smaller box.

To make it more challenging:

Use smaller objects or odd shaped objects.
Travel with your object over a further distance.
Set yourself a time limit to tidy everything up.

To make it more challenging:

Use a larger table, smaller coin, smaller target.