



4 Gross Motor Skills Challenge

Not a game but a fantastic motor skills 4 part challenge



It is vital at nurseries and pre-schools, that we teach basic fundamentals using a ball.

This Challenge involves all the:

All **children** can benefit from (and will likely enjoy) rolling, catching, **kicking**, dribbling, and tossing a **ball**—an inexpensive, readily available, and versatile toy. Playing with balls improves **kids'** motor skills, hand-eye coordination, and timing, which are **important** parts of the developmental progression of toddlers

Our 4 Part Motor skill challenge is

Kicking
Rolling
Bouncing
Catching

Levels – During working on these 4 point skills, let's look at the difficulty levels we can introduce during the session.

How can we make kicking have a level 1, level 2 and level 3? We can tell the children our aim is to get to level 3.

The breakdown

Kicking

Level 1 – Inside foot shooting

Level 2 – Back heel shooting

Level 3 – bounce ball and shoot



Rolling

Level 1 – Rolling with both hands

Level 2 – Rolling with one hand

Level 3 – Rolling the ball between the legs backwards



Bouncing

Level 1 – Knelling on the floor – little bounce and catch

Level 2 – Standing and bouncing

Level 3 – bounce and stop the ball but putting your foot on top



Catching

Level 1 – Two handed little throw and catch

Level 2 – One handed throw and catch

Level 3 – throw, clap and catch



You can change these around as they are just examples and challenge the children.

Coaches can have fun with this challenge and introduce progressions

Gross motor skills

