

Name of Lesson/Programme:

Following the line (Balance and car play)



Section: Section 3 Self Management

Lesson: 31

Purpose: To Increase your child's gross motor and hand eye co ordination skills.

MAKE SURE YOUR CHILD IS SUPERVISED DURING THIS ACTIVITY

Materials Required:

1. Cars
2. Masking Tape

How to:

Before you begin this activity with your child you need to put masking tape on the floor in different directions etc... (As seen in picture above)

1. Give your child a car
2. They have to drive the car along the line and keep it on the "track"
3. Alternatively, to increase your child's gross motor skills they can walk on the line and follow it to keep their balance.