

## Activities to develop Fine Motor Control – Key Stage 2

Good Fine Motor Control (FMC) is essential for the development of a number of life skills, including handwriting. In order to develop good FMC, children need to develop and strengthen all the muscles in their hands and fingers.

There are a number of simple activities children can do in order to help these muscles develop, some of which are listed below – all are easy and involve items that will be around the house in most situations.

Some activities you could try are:

If your child has access to a computer or laptop, then I recommend the touch typing site <https://www.typingclub.com/sportal/program-3.game>. Not only will this help children (and adults) to learn a great life skill, but it also helps to develop hand and finger muscles vital for good FMC.



Use tweezers to pick up small items one at a time and move them from one plate to another (Cheerios, pasta shapes, even beads could work for this). Make it a game and set a 1 minute timer!



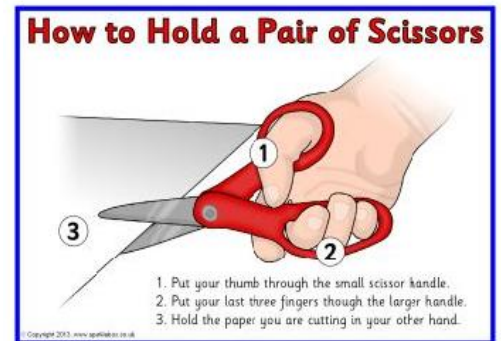
Squeezing clothes pegs – put as many clothes pegs as you can onto a hanger, or help hang the washing out on the dryer or washing line!



Doing up your own, or younger siblings, buttons, zips and shoelaces. This is a great time to learn how to tie shoelaces! This is a useful video to help to learn how to tie your laces <https://www.youtube.com/watch?v=qMrhd61l4Fw>



Scissors – when used correctly, scissors are excellent for developing the tripod grip (the correct way to hold a pen or pencil, using the thumb and 2 fingers). You could make collages with pictures cut out from old magazines, newspapers, junk mail leaflets etc. I am also including some cutting skills sheets you may want to try.



If you have paint brushes at home (decorating ones are good too), experiment with painting using different sized brushes. If you have a garden, just water on a fence can be great for creating temporary pictures and is brilliant for muscle development.



Tracing pictures, dot to dots, colouring sheets and using stencils are all also great for developing FMC. Some are included, which you may want to use.



Throwing and catching balls of different sizes – start big and gradually get smaller. Set a challenge – can you throw and catch 10/20 times without dropping? When you can, move to a smaller ball! Exercises can be great for muscle development to help FMC, you could try vertical press ups against a wall or crab walking.



Lego is fantastic! You can build using your imagination – set a challenge to build using a certain number of bricks, only a certain size of bricks, to make a shelter for a favourite film / book character. You could also work on



instruction following, by building your own model (which your child cannot see) and giving instructions – *Put a small blue piece on top of the flat green piece* etc. At the end, see if their model looks like yours!