






## Tykes Mighty Movers: Week One

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

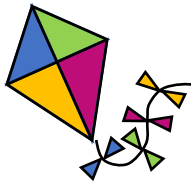
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Simon Says <i>(Body awareness)</i>							
Touch <i>(Body awareness)</i>							
Kneeling <i>(Balance &amp; strength)</i>							
Hand presses <i>(Balance &amp; strength)</i>							
Jumping Jacks <i>(Bilateral integration)</i>							

### Equipment/ resources you will need:






- A partner or friend
- A chair or stable surface approximately hip height
- Table, wall, or floor surface
- Items of a different texture e.g., paint brush, pencil, fabrics, clothing etc.



## Tykes Mighty Movers: Week Two

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

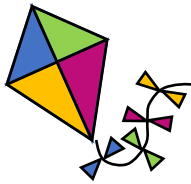
Please record which days you did the exercises on.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Action songs <i>(Body awareness)</i>							
Bubbles <i>(Body awareness)</i>							
Windmills <i>(Balance &amp; strength)</i>							
Single leg balance <i>(Balance &amp; strength)</i>							
Jumping <i>(Bilateral integration)</i>							

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

### Equipment/ resources you will need:

- A partner or friend
- A football or medium sized ball
- Tape – to place on floor as a marker
- Bubbles
- A singing voice








## Tykes Mighty Movers: Week Three

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

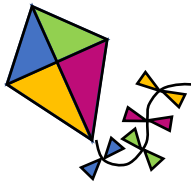
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Animals walks (Body awareness)							
Drawing around things (Body awareness)							
Walking along a line (Balance & strength)							
Step ups (Balance & strength)							
Twister (Bilateral integration)							

### Equipment/ resources you will need:

- Tape – to place on floor as a marker.
- Stairs or a step
- Twister mat or different coloured spots on the floor to replicate a twister mat
- A piece of paper
- A pen or whiteboard pen
- Stencils or different shape items that can be used as stencils to draw around








## Tykes Mighty Movers: Week Four

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

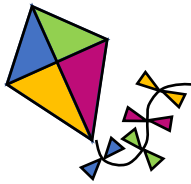
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Animal walks <i>(Balance &amp; strength)</i>							
Mark making on as upright surface <i>(Balance &amp; strength)</i>							
Push and pull <i>(Body awareness)</i>							
Ball skills <i>(Bilateral integration)</i>							
Playground equipment <i>(Body awareness)</i>							

### Equipment/ resources you will need:

- A partner or friend
- A pen or whiteboard pen
- Football or medium sized ball
- Tennis ball or small sized ball
- Gym ball
- A small draw string bag or school bag with some light items inside








## Tykes Mighty Movers: Week Five

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

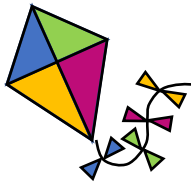
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Balloon Patting <i>(Visual perception)</i>							
Squashing and squeezing <i>(Fine motor)</i>							
Playdoh <i>(Fine motor)</i>							
Twisting <i>(Bilateral integration)</i>							
Search and find <i>(Visual perception)</i>							

### Equipment/ resources you will need:

- A collection of items that can be twisted – e.g., tubs, jars, lids etc.
- A collection of items that can be used for squashing and squeezing e.g., bottles, sponges, spray bottles/triggers.
- Playdoh (Rolling pin, cutter and scissors)
- An inflated balloon
- Spot the difference/target finding activities e.g., where's wally?








## Tykes Mighty Movers: Week Six

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

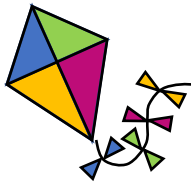
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Hoop games (Visual perception)							
Tearing and scissor skills (Bilateral integration)							
Rubberbands (Fine motor)							
Pegs (Fine motor)							
Jigsaws (Visual perception)							

### Equipment/ resources you will need:

- Scissors, paper & card
- Different sized bottles
- Different sized and strength rubber bands
- Peg board or clothes pegs and a tub which can be used to clip pegs onto and replicate a peg board
- Hoola hoop
- Jigsaw








## Tykes Mighty Movers: Week Seven

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

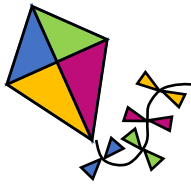
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Lazy 8's (Bilateral integration)							
Tracking activities (Visual perception)							
Tweezers (Fine motor)							
Construction (Visual perception)							
Copying patterns (Fine motor)							

### Equipment/ resources you will need:

- Paper
- A pen or whiteboard pen
- Whiteboard
- A toy car or small toy object that moves
- Ribbon








## Tykes Mighty Movers: Week Eight

We recommend that you do each exercise for about three minutes. Please do all of the exercises below See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

Please record which days you did the exercises on.

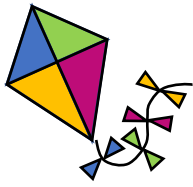
In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Hopscotch <i>(Visual perception)</i>							
Dressing skills <i>(Fine motor)</i>							
Construction <i>(Bilateral integration)</i>							
Threading and lacing <i>(Fine motor)</i>							
Target Games <i>(Visual perception)</i>							

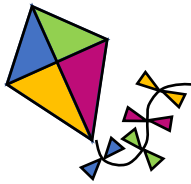
### Equipment/ resources you will need:

- Building blocks or lego blocks
- Different items that are used when dressing e.g., buttons, zips, laces
- Laces and thread for threading
- Dried pasta tubes for threading





- Needles for threading
- Skittles/bowling pins and a small ball
- Hopscotch grid/tape to create hopscotch grid



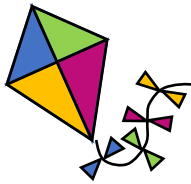
## Tykes Mighty Movers: Week Nine

Please select five of the exercises from the last eight weeks that your child has found difficult to do. Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments



## Tykes Mighty Movers: Week Ten

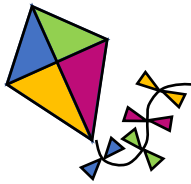
Either carry on with the exercises that you were doing last week (if your child was still finding them difficult, we would recommend this) OR change one of the exercises for another from the first 8 weeks that they found tricky.

Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments



## Tykes Mighty Movers: Week Eleven

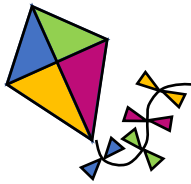
Either carry on with the exercises that you were doing last week (if your child was still finding them difficult, we would recommend this) OR change one of the exercises for another from the first 8 weeks that they found tricky.

Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments



## Tykes Mighty Movers: Week Twelve

Either carry on with the exercises that you were doing last week (if your child was still finding them difficult, we would recommend this) OR change one of the exercises for another from the first 8 weeks that they found tricky.

Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments

If your child is improving with the exercises in this programme please continue with them. You could do the whole programme again if you think they would benefit from it.

If your child has not improved with the programme and you continue to have concerns about their motor skills please refer them to Children's Therapy. You can find the referral here \*\*\*\*\*. You will need to submit a copy of these exercise record sheets with the referral.