

6 Week Program of Activities to Cover Bilateral Co-ordination & Hand and Finger Muscle Bases

Name:

<p>Activities Wk 1</p> <p>Week Beginning Date:</p>	<p>Bilateral Coordination Base</p> <p>Crossing the Mid-line</p> <p>Lazy 8</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Keep it in the Air</p>	<p>Hand & Finger Muscle Base</p> <p>Individual Fingers</p> <p>Finger Football</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Clothes Pegs/ Bulldog Clips</p>	<p>Hand & Finger Muscle Base</p> <p>In-hand Manipulation</p> <p>Pinch Pots</p>	<p>Hand & Finger Muscle Base</p> <p>Arch of Hand and Grip Release</p> <p>Grab & Drop</p>
<p>Completed</p>						
<p>Activities Wk 2</p> <p>Week Beginning Date:</p>	<p>Bilateral Coordination Base</p> <p>Crossing the Mid-line</p> <p>Cross Pass Ball</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Bubble/ Flash Light Tag</p>	<p>Hand & Finger Muscle Base</p> <p>Individual Fingers</p> <p>Finger Escape</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Hole/Thumb Punch</p>	<p>Hand & Finger Muscle Base</p> <p>In-hand manipulation</p> <p>Egg Box Share</p>	<p>Hand & Finger Muscle Base</p> <p>Arch of Hands & Grip Release</p> <p>Model Making</p>
<p>Completed</p>						
<p>Activities Wk 3</p> <p>Week Beginning Date:</p>	<p>Bilateral Coordination Base</p> <p>Crossing the Mid-line</p> <p>Messy Mid-line Play</p>	<p>Bilateral Coordination Base</p> <p>Coordination & Ball Skills</p> <p>Goal Post Skittles</p>	<p>Hand & Finger Muscle Base</p> <p>Individual Fingers</p> <p>Finger Escape</p>	<p>Hand & Finger Muscle Base</p> <p>Hand Strength</p> <p>Squirter Activities</p>	<p>Hand & Finger Muscle Base</p> <p>In-hand Manipulation</p> <p>Posting Frenzy</p>	<p>Hand & Finger Muscle Base</p> <p>Arch of Hands & Grip Release</p> <p>Wheel Barrows</p>
<p>Completed</p>						

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Name:

<p>Activities Wk 4 Week Beginning Date:</p>	<p>Bilateral Coordination Base Coordination & Ball Skills Keep it in the Air</p>	<p>Hand & Finger Muscle Base Individual Fingers Finger Football</p>	<p>Hand & Finger Muscle Base Hand Strength Clothes Pegs/ Bulldog Clips</p>	<p>Hand & Finger Muscle Base In-hand Manipulation Egg Box Share</p>	<p>Hand & Finger Muscle Base Arch of Hands & Grip Release Model Making</p>	<p>Hand & Finger Muscle Base Arch of Hands & Grip Release Wheel Barrows</p>
<p>Completed</p>						
<p>Activities Wk 5 Week Beginning Date:</p>	<p>Bilateral Coordination Base Crossing the Mid-line Messy Mid-line Play</p>	<p>Bilateral Coordination Base Coordination & Ball Skills Bubble/ Flash Light Tag</p>	<p>Hand & Finger Muscle Base Individual Fingers Finger Escape</p>	<p>Hand & Finger Muscle Base Individual Fingers Marbles</p>	<p>Hand & Finger Muscle Base Hand Strength Hole/Thumb Punch</p>	<p>Hand & Finger Muscle Base Arch of Hand and Grip Release Grab & Drop</p>
<p>Completed</p>						
<p>Activities Wk 6 Week Beginning Date:</p>	<p>Bilateral Coordination Base Crossing the Mid-line Cross Pass Ball</p>	<p>Bilateral Coordination Base Coordination & Ball Skills Goal Post Skittles</p>	<p>Hand & Finger Muscle Base Individual Fingers Finger Escape</p>	<p>Hand & Finger Muscle Base Hand Strength Clothes Pegs/ Bulldog Clips</p>	<p>Hand & Finger Muscle Base In-hand Manipulation Pinch Pots</p>	<p>Hand & Finger Muscle Base In-hand Manipulation Posting Frenzy</p>
<p>Completed</p>						

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Start off slow and easy, as skills develop you can add the more challenging elements of the activities. You may find that your child cannot manage some of the activities yet. Don't Worry! Make a note of them for future reference and replace the activities with others and come back to them at a later date when your child's strength and skill levels make them more appropriate.

Remember this is only a suggested plan of approach to give you a starting point. You can change it to best suit you and your child's needs.

After 6 weeks try the assessment activities again. Are there any improvements? The results may help you to focus on particular areas in the next set of activities.

When doing modelling activities try to focus your child on using specific techniques, such as rolling with palm of the hands, kneading, pinching and rolling between fingers, squeezing, stretching and cutting.

Remember there are different levels of difficulty and challenge in many of the activities so they can be used again and again to build up skill and strength levels.

This is a developmental approach and will take time but should be FUN!