

# MOVING GIFT GUIDE

We often get asked at the Orchard, what would be useful presents for children to support their learning. We have collated a gift wish list with items to support home learning for Moving - if you wish to purchase any.

## STEPS 4 & 5

- o Play gym to promote reaching, stretching and grabbing
- o Mat, peanut, physio ball to develop awareness of being on different equipment
- o Hammock or pod swing seat to develop enjoyment of movements
- o Sensory balls to promote reaching when in different positions and potentially beginning to roll the ball



## STEPS 6 & 7

- o Soft play apparatus to promote co-active exploration, climbing and crawling up inclined surfaces.
- o Skittles to enable children to repeat a previous action to achieve a desired outcome



## STEPS 8 & 9

- o Bench to promote trunk control and core strength
- o Seesaw to allow children to develop motion of rocking self
- o Simple target games to promote children's rolling accuracy
- o Small toy car to practice climbing in and out
- o Beanbags & quoits to develop throwing abilities



## STEPS 10, 11 & 12

- Variety of balls to practice throwing/kicking/catching
- Wheeled toys (trolleys / push-along toys etc) to practise pushing, pulling and negotiating obstacles
- Trike or rocker to develop children's core & leg strength
- Mini trampoline to practise bouncing motion independently
- Target activities to develop accuracy in rolling & throwing



## STEPS 13 & 14

- Mini or large trampoline for general fitness & increased leg strength
- Balance bike or a trike to develop balance and leg strength
- Golf or tennis set to practise hitting stationary balls



## STEPS 15 & 16

- Cones to practise avoiding obstacles when running
- Scooter to promote balance and leg strength
- Bike with stabilisers to improve balance, fitness & leg strength
- Golf/tennis/baseball set to practise hitting balls using apparatus
- Swing to develop independent movement on playground equipment

