

The logo features the number '101' in orange with a halftone dot pattern, a soccer ball icon to its right, the word 'FUN' in blue with a halftone dot pattern, and 'PE GAMES' in pink with a white outline. A basketball icon is positioned to the left of 'FUN'. The entire logo is set against a black, cloud-like background with orange spikes.

101 FUN
PE GAMES

The text 'FINE MOTOR SKILLS' is written in a bold, purple, sans-serif font with a white outline, centered within a large, white, cloud-like shape with a thick black border and orange spikes.

**FINE MOTOR
SKILLS**

FOCUS



GROUP SIZE

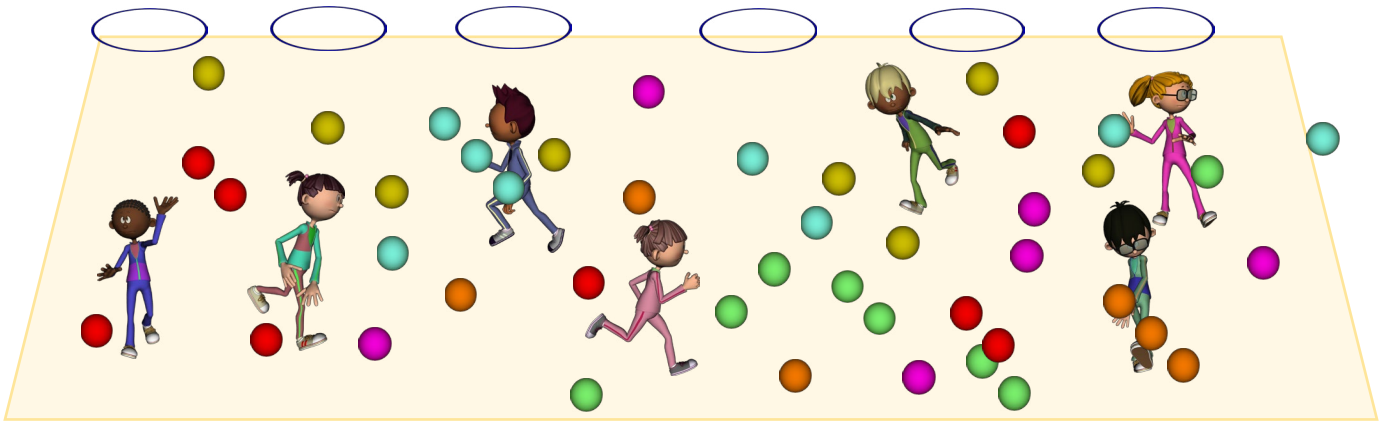


EQUIPMENT

4 cones, 40-50 small sponge balls, a hula hoop for each child.

SETUP

Spread out the students and place 40-50 balls all around the room.



INSTRUCTIONS

1. The children are chipmunks and the small balls are acorns.
2. Set a timer for 30 or 60 seconds. On 'go' they will run around the room collecting as many acorns as they can.
3. Once they pick up the ball, they must bring it over to their designated hula hoop (nest) and place it in the hoop. Then, they go find another ball (acorn) to place in their hoop.
4. When the countdown ends, whichever child has the most acorns wins.

MAKE IT EASIER

- Use more balls and allow them to pick up 2 balls at a time.

MAKE IT HARDER

- Only allow children to pick up one ball at a time.

FOCUS



TEAMWORK



FINE MOTOR

GROUP SIZE



EQUIPMENT

2 bean bags

SETUP

Set up the children in a circle about 2 feet apart. Give 2 separate kids a bean bag to hold.



INSTRUCTIONS

1. On 'go' the children with the bean bag must gently pass their bean bag clockwise to the student next to them.
2. They cannot throw it fast or make a throw that is un-catchable.
3. A simple underhand toss works best.
4. Each time a child gets a bean bag, they must catch it and immediately pass it to the child next to them in a clockwise direction.
5. Each time a child drops a bean bag, they are eliminated.
6. Each time a child has 2 bean bags at the same time, they are also eliminated. Game play keeps going until the last child is left.

MAKE IT EASIER

- Use only 2 bean bags for a higher degree of success.

MAKE IT HARDER

- Use more than 2 bean bags to make the activity more challenging.

FOCUS



GROUP SIZE

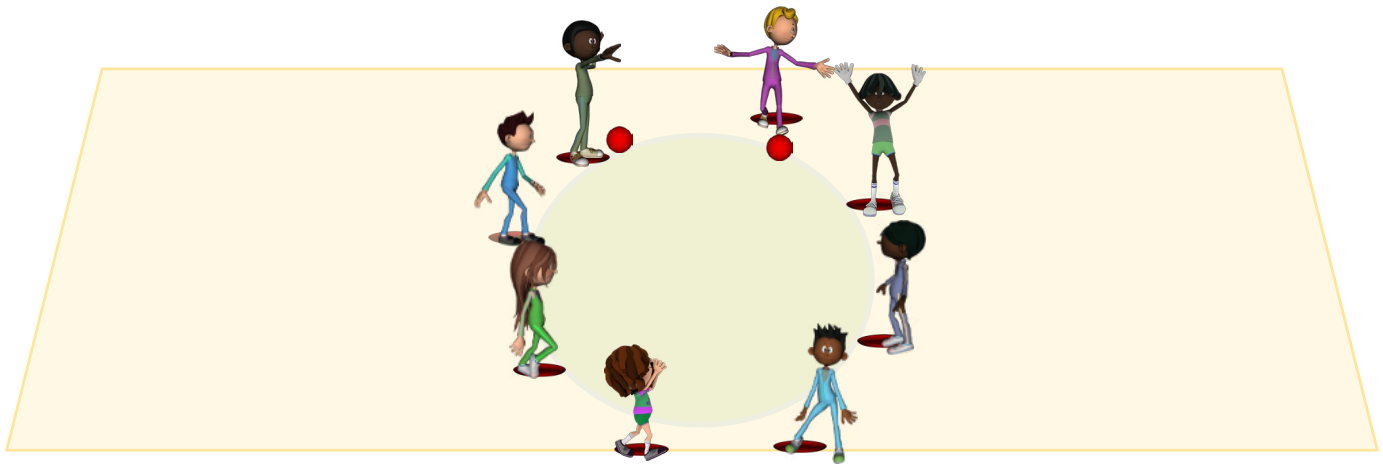


EQUIPMENT

2 sponge balls, floor tape or circles

SETUP

Set up the children in a circle. Place a spot on the floor along the circle where each child should stand. Give the balls to two children.



INSTRUCTIONS

1. On 'go' the children with a ball must throw the ball towards other children with only their fingertips. Their objective is to either throw the ball past other players on the circle, or to knock a player off their spot.
2. It is a continuous game so the kids cannot let down their guard. They will need to be watching for balls coming their direction, and make sure they keep their balance. If a child misses a ball or steps off their circle, they should sit down.
3. Once all children are sitting or both balls are out of the circle, the group may re-start.
4. The tighter the circle is with kids the better the game will go. If you have a lot of kids, use a bigger circle or split into several small circles.

MAKE IT EASIER

- Use fewer balls in the game. Limit it to 2 balls so kids can track the balls easily.

MAKE IT HARDER

- Use more balls in the game. Add more balls to make it more difficult for kids to track the balls.

FOCUS



TEAMWORK



FINE MOTOR

GROUP SIZE

10+

EQUIPMENT

2 large balloons

SETUP

Place your students on two teams. Have each team create a large circle and give each team a large balloon filled with air.



INSTRUCTIONS

1. Give 1 child on each team a balloon. On 'go' this child must tap the balloon to the child next to them.
2. The new child with the balloon must tap it to the child next to them. Allow them to tap as many times as they would like as long as they do not catch it or allow it to hit the ground.
3. Each child must tap it to the child next to them until it gets back to the first child. The first team to accomplish this wins the race.
4. Any time it hits the ground, the team must start over.

MAKE IT EASIER

- Allow younger children to tap it as many times as they would like.

MAKE IT HARDER

- For the older children, only allow them 1 tap to get it to the child next to them.

FOCUS



TEAMWORK



ENDURANCE



FINE MOTOR

GROUP SIZE



EQUIPMENT

4 milk crates,
40 tennis balls

SETUP

Set up the children in 2 teams. Each team will have a milk crate filled with 20 balls at the start line and an empty milk crate on the opposite end of the room.



INSTRUCTIONS

1. On 'go' the first two children on each team should pair up and take 1 ball out of the milk crate by the start line. They must toss the ball back and forth to each other with the objective of getting across the room towards the empty milk crate.
2. Once they get across, they must drop the ball in the crate and go to the end of their line. Once they get back, the next two kids start the same process.
3. If they drop a ball or take steps without the ball, the pairs must start again.
4. The first team to get all 20 balls across to the empty milk crate wins.

MAKE IT EASIER

- Use 10 balls instead of 20 balls to get across to the empty milk crate.

MAKE IT HARDER

- Use 25 balls instead of 20 balls to get across to the empty milk crate.

FOCUS



ENDURANCE



GROSS MOTOR



FINE MOTOR

GROUP SIZE



EQUIPMENT

5 hula hoops,
100 bean bags

SETUP

Place children on 4 teams. Place a hula hoop in each corner of your room as well as a hoop in the middle filled with 100 bean bags. The hoops in each corner will symbolize nests while the bean bags will be eggs.



INSTRUCTIONS

1. Each team will reside in a corner of the room by their team's hula hoop.
2. On 'go' one child from each team will run to the center and steal the bacon by grabbing a beanbag. Once they get it, they must run back to their home base and place it in their hoop.
3. Then, the next child on the team runs to the middle to perform the same task.
4. When there are no bean bags left in the center, each team must count how many bean bags they have.
5. The team with the most bean bags wins.

MAKE IT EASIER

- Shorten the distance between the center hula hoop and each team's hula hoop.

MAKE IT HARDER

- Allow kids to rob eggs from each other's nests.

FOCUS



TEAMWORK



FINE MOTOR

GROUP SIZE

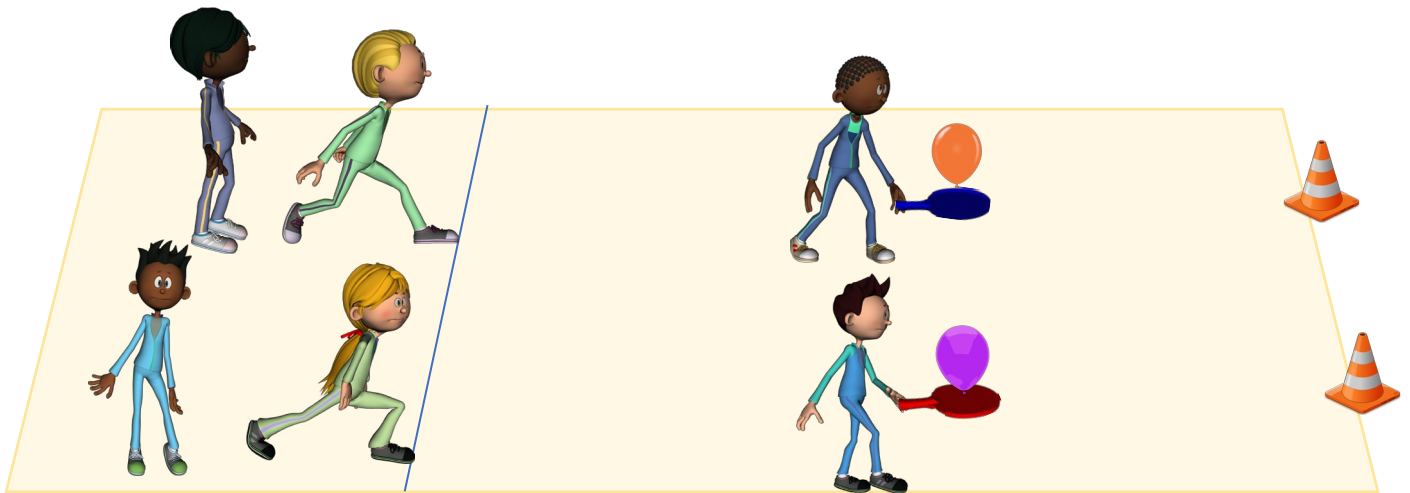


EQUIPMENT

2 rackets, 2 balloons,
2 cones

SETUP

Put kids in a traditional relay race lines. Place a cone for each team at the opposite end line. Give the first child in each line a racket and a balloon.



INSTRUCTIONS

1. On 'go' the first child in line will move towards their cone, while balancing or hitting the balloon.
2. They must go around their cone and come back to the start line where they hand the racket and balloon to the next child in line who follows the same process.
3. The first team to finish the race wins.
4. If the balloon drops, they must pick it up and begin again.

MAKE IT EASIER

- Shorten the distance the kids have to travel from start to finish.

MAKE IT HARDER

- Increase the distance the children have to travel from start line to finish.