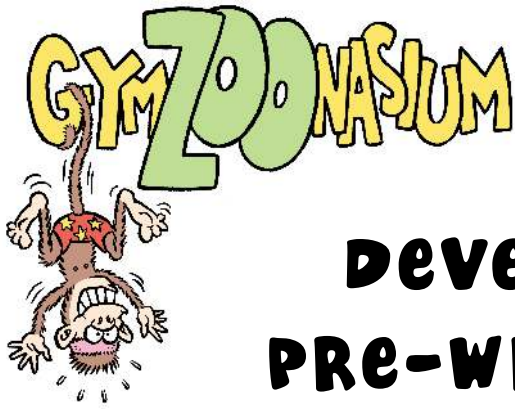




DEVELOPMENT OF PRE-WRITING SKILLS

In order to achieve good pencil grip and handwriting ability, children need to develop the following skills...

Component skill	Activities that develop this skill
Core/trunk stability	• GymZoonasium's 'postural strength & control' movements (e.g. Echidna Curl, Koala Balance, Praying Mantis Plank, Starfish Superstar, Fish Freeze, Banana Rama, Mountain Climber, Crocodile Roll). • Running, jumping, balancing, climbing • Monkey bars • Climbing frame or rope ladder • Carrying heavy items
Shoulder stability	• GymZoonasium movements focused on shoulder stabilisers (e.g. Lizard Push-up, Goanna Climb, Caterpillar Crawl, Gecko Creep, Chimpanzee Swing, Bunny Hop, Starfish Superstar, Desert Lizard Dance, Swan Glide, Turtle Swim). • Vertical surface activities (activities completed on a vertical surface like whiteboard, chalk board, easel or stuck to a wall) - Painting/chalk on easel/blackboard - 'Painting' fences/walls with water

Component skill	Activities that develop this skill
Wrist extension	• GymZoonasium movements which focus on weight bearing through the hands/arms (e.g. Crab Crawl, Caterpillar Crawl, Gecko Creep, Chimpanzee Swing, Lizard Push-up, Goanna Climb, Starfish Superstar). • Gymzoonasium fine motor activities involving wrist/ finger extension (e.g. Snake Swallow, Clam Close, Sticky Starfish). • Vertical surface activities - Painting/chalk on easel/blackboard - 'Painting' fences/walls with water
Hand strength/ endurance	• GymZoonasium movements which focus on weight bearing through the hands/arms (e.g. Crab Crawl, Caterpillar Crawl, Gecko Creep, Chimpanzee Swing, Lizard Push-up, Goanna Climb, Starfish Superstar). • Weight bearing activities through hands/arms - Monkey bars - Climbing • Push/Pull activities - tug of war, pulling body on scooter board • Squeezing sponges • Water spray bottles (large)
Crossing the midline	• GymZoonasium's 'crossing the midline' movements (e.g. Eagle Twist, Elephant Trunk Swing, Forest Floss, Monkey Twist, Cross Country, Orangutan Stretch, Pigeon Pose, Squished Cockroach, Monkey Ear Squeeze, Monkey Hug, Cross Country, Spider Stretch, Spider Spin). • Wiping the bench or a whiteboard clean using the child's preferred hand • Balloon volleyball with the child's preferred hand • Playing Twister • Placing stickers on one arm and encouraging the children to remove them with the opposite hand

Component skill	Activities that develop this skill
Ability to use and control a 'tool' held in hand Bilateral coordination	• Cooking - Stirring mixtures with bowl and spoon - Peeling potatoes - Rolling dough/biscuits • Using 'tools' in sand (e.g. spade) • Hammering nails • Screw driver • Pouring water with various containers • Using cutlery • Painting with paint brushes • Play doh tools • Using tools with kinetic sand • GymZoonasium's 'Bilateral coordination' movements (e.g. Banana Rama, Elephant Stretch, Puppy Play, Lion Lunge, Sticky Starfish, Caterpillar Kisses, Spider Spin, Clam Close, Worm Wave, Monkey Ear Squeeze)

Component skill	Activities that develop this skill
Use of small muscles in the hand (intrinsic) Isolated finger movements Pincer grip Thumb flexion	• GymZooNasium's 'fine motor' movements (e.g. Bilby Ears, Caterpillar Kisses, Crayfish Claws, Dog on Duty, Dung Beetle Roll, Snake Swallow, Spider Stretch, Worm Wave, Snail Spy, Sticky Starfish). • Play doh - Rolling sausages and balls - Picking out small items hidden - Cutting shapes - Making birds nest and eggs - Use the thumb and index fingers to pinch pieces of clay off. - Make dragons and pinch marks on top of the dragon. • Threading small items onto string (e.g. beads, different types of pasta) • Constructional activities requiring pushing/pulling - Lego - Mr potato - Blocks • Drawing with small pieces of crayons/chalk • Posting activities • Placing small items into small containers • Using tweezers • Playing with a squirt bottle • Finger plays where you use your fingers as props - Where is Thumbkin - 5 Little Monkeys Jumping on the Bed - 5 Green and Speckled Frogs - 5 Little Monkeys Sitting in a Tree • Tucking a small object (bead or marble) into the ring finger and pinkie finger while the 'Super Fingers' (thumb, pointer & middle finger) hold a pencil or work with manipulatives. • Using tweezers to pick up items. • In-hand manipulation – i.e. moving small items from the finger tips into palm (e.g. marbles, beads, coins, pasta, stones, paper clips).



GymZOOnasium also includes optional fine motor activities while doing the following gross motor exercises:

- Alligator Snap
- Dolphin Arch
- Fish Freeze
- Flamingo Balance
- Giraffe Reach
- Gorilla Squat
- Koala Balance
- Penguin Waddle
- Puppy Play
- Snake Strike