

Arrow Hops



SKILL AREAS ADDRESSED:

- ✓ Motor planning
- ✓ Gross motor coordination
- ✓ Oculomotor skills
- ✓ Strengthening
- ✓ Provides proprioceptive input



MATERIALS NEEDED:

- 1 piece of printer paper
- 1 writing utensil, preferably marker
- Tape

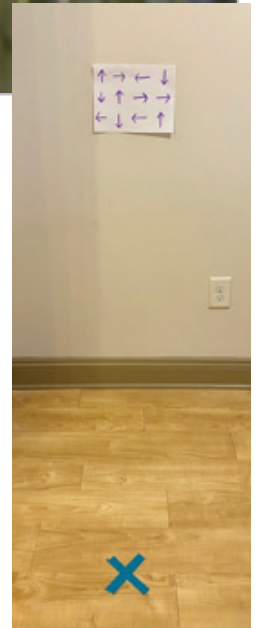
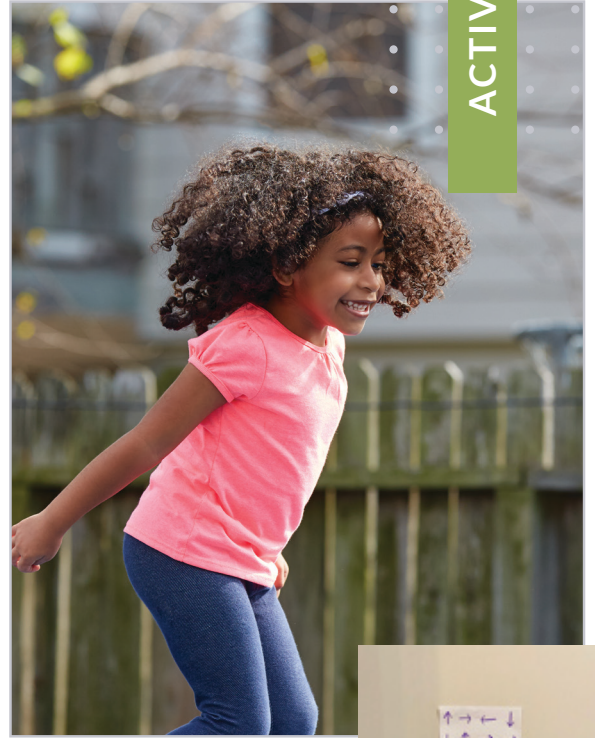
*If you don't have these materials, you can also use these substitutes:

- Construction paper
- Lined notebook paper
- Pen, pencil or crayons
- Magnets
- Sock



ACTIVITY STEPS:

- 1 Take the piece of paper and turn it horizontally
- 2 Draw 3 rows of arrows pointing in a variety of directions
- 3 Place an indicator on floor that is "home" space - Your child will return here following each individual jump
- 4 If the arrow points up: the child jumps forward one jump
- 5 If the arrow points down: jump backwards one jump
- 6 If the arrow points to the right or to the left: jump right or left one jump
- 7 Have child attempt to complete entire chart without stopping
- 8 Be sure to have them return to "home" between each jump!



ACTIVITY TIPS

- Have your child attempt to use both feet at the same time during the jumps. Sometimes it will be hard to keep both feet together while jumping and that is okay.
- If this activity is challenging there are ways to modify and adapt! You can start with just two rows of arrows instead of three. Or if this is not challenging enough, you can add additional rows.
- You can also use your finger and help the child keep their visual placement throughout the activity to increase success.