

## Focus Area: Dyspraxia

### Name of the Activity: “Balance Beam Adventure”

#### Target:

- Enhance balance, coordination, and spatial awareness.
- Develop gross motor skills through controlled movements.
- Build confidence in physical activities through fun and achievable challenges.

**Duration:** 30-45 minutes

**Organizational Form of the Activity:** This activity is designed for individual practice but can also be adapted for small group challenges or team exercises, based on the teacher’s instructions.

**Target Age Group:** Primarily designed for **first-grade** students but can be adjusted for older or younger children by modifying the difficulty level.

#### Tools:

- A balance beam (or a taped line on the floor for a simpler version).
- Small objects for carrying (bean bags, lightweight balls, small toys).
- Cones or markers to create a path.
- A timer (optional).

#### Instructions:

- Set up a balance beam on the floor (or use a strip of tape or a plank with safe support).
- Create a simple obstacle course around the balance beam using cones or markers.
- Begin with a basic task: ask the child to walk across the balance beam without stepping off.
- Gradually introduce challenges, such as carrying a small object, walking backward, or following a curved path.
- For a group setting, make it a fun relay race where children take turns completing the beam and passing an object to the next participant.
- Provide verbal encouragement and guidance as the child navigates the course, praising their effort and progress.

#### Tips for Teacher:

- Start with a wide and stable beam, then gradually transition to narrower or more challenging setups.
- Use markers or stickers on the beam to guide foot placement for additional support.
- Allow breaks and adjust the difficulty based on the child’s comfort level.
- Emphasize fun and enjoyment over perfection to build the child’s confidence and willingness to participate.



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## Focus Area: Dyspraxia

### Name of the Activity: “Life-Size Me”

#### Target:

- Improve awareness of their body shape, proportions, and spatial orientation.
- Practice fine and gross motor skills by drawing, coloring, and positioning body parts.

**Duration:** 30-60 minutes

**Organizational Form of the Activity:** This activity is designed for individual practice but can also be used in a group setting, on the teacher's instructions.

**Target Age Group:** This activity is primarily designed for students in the first grade but can be adapted for use with other age groups based on the students' needs.

#### Tools:

- Roll of drawing paper or large cardboard pieces joined together
- Art supplies (markers, coloured pencils, paintbrushes, watercolours, etc.)
- Scissors (if trimming is needed)
- Tape (to secure the paper to the floor).

#### Instructions:

- Roll out the drawing paper and secure it to the floor with tape to prevent slipping. Ensure the area is clear and safe for the child to lie down.
- Ask the child to lie down on the paper. Use a marker to carefully trace around their body, creating an outline of their figure.
- Encourage the child to draw details within the outline —body parts (eyes, nose, mouth, arms, legs), clothes, and accessories.
- Use art supplies to add colour, texture, and creativity to their human figure.
- Discuss the placement of body parts to reinforce understanding of their position and function.

#### Tips for Teacher:

- Provide a mirror so the child can observe their body and accurately position features.
- If the child struggles, break the task into smaller steps (e.g., first draw the head, then arms, etc.).
- Demonstrate drawing a simple outline or feature to guide them.



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