**Differentiating Physical Exercise and PE Activities**

Gross Motor and Hand Eye Coordination

**Tennis**

Use lollipop drums as bats for noise, hoops with net curtains wrapped round and use balloons, small balls large bats, large balls small bats. Balls with bells for VI.

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Use neon light up balloons to use in a darkened room. 

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****No Hands use feet, No feet or restricted movement use hands seated in a chair



Throwing

Tie scarves to anything that can be thrown safely to make it more visible and add bells to make then noisy rockets.

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Use different size holes/hoops and balls to meet individual needs. Paint on a sheet and hang outside on a line after cutting out some holes.

**Other Activities**

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Adapt for wheelchair users making the strands higher, Use shiny paper to be more attractive to those with sensory needs.

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**[](http://xboxpsp.com/ppost/402720391670815958/)** **[](http://mamaymaestra.com/2015/02/12/actividades-para-mejorar-motricidad-gruesa-para-ninos-de-1-3-anos/)**

**[](https://koitatiekana.wordpress.com/2016/05/31/%CE%B1%CF%85%CF%84%CE%BF%CF%83%CF%87%CE%AD%CE%B4%CE%B9%CE%B1-%CF%80%CE%B1%CE%B9%CF%87%CE%BD%CE%AF%CE%B4%CE%B9%CE%B1/)** **[](http://qosteri.com/post/get-kids-moving/299699343)**

Use shiny silver paper/ old CD’s to attract those sensory seeking ones. Place on a wall for wheelchair uses to stretch up and down if they can.

Use Mops or brushes to paint with outside to encourage large gross motor skills

**More outside games**

**[](http://inspired.disney.co.uk/finding-dory-2/beckys-bucket-game/)** **[](http://issuu.com/asdamagazine/docs/asda_mag_-_april/48)** **[](http://georginaclarkeblog.com/)**

**[](https://www.backyard.games/)[](http://www.bhg.com/party/birthday/party-games/fun-outdoor-games-for-kids/#page=15)** **[](http://www.happygoluckyblog.com/2016/03/balloon-cup-shooters.html) [](https://mail.uol.com.br/?xc=26654a67fdef24e06737b2b39303ced4#/webmail/0//INBOX/page:1/MzgwMjM)**   **[](http://creativeconnectionsforkids.com/2012/01/play-velcro-ball/) [](http://baby4needs.tumblr.com/?p=775431334930466)**

**Noodle Play**

**[](http://wooloo.ca/2016/06/07/20-idees-partir-de-nouilles-en-mousse-pour-piscine/)** **[](https://www.theresourcefulmama.com/lets-get-playing-20-pretend-play-activities/)**

**[](https://kids.theownerbuildernetwork.co/2015/05/25/pool-noodle-projects-to-make-with-kids/)[](http://everneveragain.blogspot.co.uk/2013/02/indoor-basketball.html?m=1)**

**[](http://www.wayne-wonder.com/wonderkids/2015/7/1/summer-outdoor-fun?rq=summer)**

**Football**



For wheel chair users Use gym balls to push using chairs for goal posts, tie a ball onto a rope so it can be pulled back by the child in a wheelchair**.** Use balls with bells in for the child with VI or black and white ones where the contrast may be easier to make out.

 [](http://www.brightbeans.co.za/blog/child-development-2/strong-to-the-core-developing-childrens-core-strength-through-exercise-play/)

Running the line for children with a Visual Impairment.

Use a kitchen roll on a line of string tied to posts or held by two children, the child runs along between two ends in a safe open space giving them the opportunity to run safely. Add a red section and tie bells on a safe distance away from the ends to warn the child the end is near.

 