

# Naturally-Occurring Motor Activities Within the School Environment

(Choose and Vary Any Age Appropriate and High Interest Activities)

*"Practice of functional activity is the most important motor learning variable"* (Schmidt & Wrisberg, 2000)

- Place chairs on desks at end of day or take down at beginning of day.
- Erase the chalkboard/dry erase board.
- Wash desks and/or chalkboard/dry erase board.
- Help rearrange desks in the classroom.
- Help the custodian with emptying wastebaskets.
- Fill egg crates (small ones that students can carry) with books to take to other classrooms. Teachers could ask students to move these crates back and forth as needed.
- Sharpen pencils with a manual sharpener.
- Cut out items for display from oak tag.
- Carry appropriately heavy notebooks to the office or from class to class.
- Carry books with both hands hugging the book to the chest.
- Push the lunch cart or carry a lunch bin to the cafeteria.
- Staple paper onto bulletin boards.
- In the classroom, fasten a large phone book to the bottom of the student's chair with heavy duty tape. The teacher can rearrange the student's schedule so the student has to move to a different location within the classroom (carrying or pushing his/her weighted chair) between certain subjects or activities.
- Have the student move several packs at a time Xerox paper from the storage area to the school copy center.
- Climb on playground equipment.
- Swing from the trapeze bar.
- Perform sports activities that involve running and jumping.
- Run around the track at school.
- Push against a wall. For younger students, you can use the idea that "the room feels small this morning. Can everyone help me push the walls out to make the room bigger?"
- Fill up big toy trucks with heavy blocks, push with both hands to knock things down.
- Have the student color a "rainbow" with large paper on the floor while on hands and knees.
- Open doors for people.
- Use squeeze toys that can be squeezed quietly on the student's lap under the desk so that the student does not disturb the class.
- Do chair push-ups.
- Do animal walks (crab walk, bear walk, army crawl).
- Jump on a mini trampoline.
- Stack chairs.
- Take isometric exercise breaks.