

**Practical Activity 1:** Games for the development of motricity

**Description of the Practical Activity:** General motricity will help with playing smoothly with the ball (rolls, catches, throws), with the jumping on each foot or on both, with different ways of walking (walking on the heels, on the toes). For the older pupils of preschool, one can introduce games as contests, relay races, throws of the ball through the hoop or towards the gate and going around obstacles. Therefore, the premises that are involved in playing a sport long term are laid out.

**Link to file to be downloaded:** <https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>  
<http://www.friendshipcircle.org/blog/2012/11/19/8-simple-ways-to-improve-gross-motor-skills/>

**Do's and Don'ts on how to deal with children:**

It is very important that during the execution of each exercise, the pupil is taught how to breathe correctly using breathing exercises. The correct and healthy body position which relies on the back being straight and the shoulders pulled back is not to be neglected as this will energize the body.

**Example:** <https://www.youtube.com/watch?v=yuVkkhpiHTA>

