



For The Teacher

Early Primary Year – Kindergarten/Transition/Prep/Reception/Pre-Primary

Week 4

Title **PMP**

Theme **Motor Skills**

Overview

Students will participate in activities based on the Perceptual Motor Program (PMP).

Time required

40 minutes

Preparation

- 1 beam balance or bench if a balance beam is not available
- 6 large soft balls
- 6 tennis balls
- 1 long skipping rope (yellow handle)
- 6 beanbags
- 9 cards with different colours or patterns
- 4 parent (or year 6) helpers to assist at each station to be briefed by teacher on each station with acknowledgment of the safety requirements.

Set up the stations for PMP

Background information and discussion points

The Perceptual Motor Program is an activities-based program designed to develop fine and gross motor skills and increase confidence in movement. It is a diagnostic program aimed at giving the child experiences in seeing, hearing, touching, processing, making perceptual judgements and reacting through carefully sequenced movement activities.

Station 1 Walk across a balance beam (or bench) only a few centimetres above the ground with a bean bag balanced on their head. If possible, place some safety mats or cushioning underneath the bench.

This activity will develop confidence, risk taking and balance. Students having difficulty with this activity can be held with one hand by a helper or teacher or be encouraged to have their arms stretched out straight for balance.

Station 2 Nine large pictures or coloured dots or patterns cards etc. in a small area. Please ensure that the cards cannot slide around and are secured to the surface. Give an instruction for students to follow e.g. jump on the yellow, green and then red dot. Students remember the instruction and act it out.

This activity will develop memory and listening skills. Begin with only 2 instructions and then build up to 3 or 4 at a time.

Station 3 Throw a large soft ball at a wall and catch the rebound.

This activity will develop their eye-hand co-ordination and the fundamental motor skill of catching. To begin the activity students should stand close to the wall when throwing the ball and keep moving backwards to increase the difficulty.





Station 4. Teachers/helpers hold the ends of the rope and turn the rope for the students to take turns skipping one at a time.

This activity will develop rhythm, balance and eye-foot co-ordination

Warm Up Activity – Simon Says

- Teacher informs students what to do or how to move. For example Simon Says walk in a straight line, heel against toe, jump with your hands on your hips or hop on one leg. You can be as creative with the movements as you like.
- Play for 5 minutes.

Support materials and references

For Kids

1Seven article: [Skip It!](#)

For Teacher & Parents

1Seven article: [Disability No Barrier](#)

Smart Starters – What is PMP?

<http://www.smartstarters.com.au/WhatIsPMP.html>

Yarrabah Primary School – Perceptual Motor Program

<http://www.yarrabah.sch.vic.edu.au/perceptu.htm>

Thinking strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
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Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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Student learning tasks

1. Play the game Simon Says.
2. Demonstrate each PMP station to the class
3. Divide students into four groups.
4. Allow approximately 3 minutes at each PMP station with a one-minute change over.
5. If time allows the groups can visit each station again.

