



Queen Alexandra College

SENSORY MOTOR EXERCISES

The below links provide activities and exercises on flashcards that you can view online or download and print to use at home:

- [Activities on a Ball](#)
- [Animal Moves](#)
- [Balance Beam](#)
- [Balance Pad](#)
- [Balloon Tennis](#)
- [Dynamic Catch](#)
- [Dynamic Targets](#)
- [Flamingo](#)
- [Foot Crosses](#)
- [Footstep Trails](#)
- [Hand Walking on a Ball](#)
- [Hand Walking](#)
- [Heel to Toe Balance](#)
- [Heel to Toe Walk](#)





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- [Infinity Walk or Scoot](#)
- [Jump Rope](#)
- [Reverse Body Roll](#)
- [Sensory Circuit](#)
- [Sequence of Jumps](#)
- [Static Targets](#)
- [Stepping Stones](#)
- [Yoga Ball Bounce](#)
- [Yoga Ball Leg Rolls](#)
- [Yoga Ball Rocking](#)

