**Fine and Gross Motor Skills**

Get involved with Joe Wicks’ PE sessions or do some Cosmic Yoga each day. Look at the files for other activities to complete.

Dough Disco is great for fine motor skills – <https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw>

<https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw>

BBC Dancemat helps typing skills: <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Fine Motor

[Fine Motor Skills Challenge Cards](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Fine-Motor-Skills-Challenge-Cards.pdf) <http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Fine-Motor-Skills-Challenge-Cards.pdf>

Gross Motor
[Gross Motor Challenge Cards 2](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Gross-Motor-Challenge-Cards-2.pdf)

<http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Gross-Motor-Challenge-Cards-2.pdf>

Gross Motor Challenge <http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Gross-Motor-Challenge-Cards.pdf>e Cards

[Pencil Control](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Pencil-Control.pdf)

<http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Pencil-Control-2.pdf>

[Playdough](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Playdough.pdf)

<http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Playdough.pdf>

[Scissor Skills](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Scissor-Skills.pdf)

<http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Scissor-Skills.pdf>

[Sentence Ordering](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Sentence-Ordering-1.pdf)

<http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Sentence-Ordering-1.pdf>

[Threading](http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Threading.pdf)

<http://www.montalbo.durham.sch.uk/wp-content/uploads/sites/82/2020/04/Threading.pdf>