



LOOK LOOK LEARN, LLC

## PHYSICAL THERAPY ACTIVITIES

### Ten Red Apples

by Pat Hutchins

Through her story Ten Red Apples, Ms. Hutchins presents opportunities for gross motor development in fun, engaging ways. Within the classroom, hallway, home, and outdoors children can work on strengthening, coordination, confidence, and their overall movement skills. Here are some ideas we hope you will find helpful! Please share with us YOUR ideas & strategies that you experienced so that we may post them on LLL.

#### **Feeding the Animals**

##### **[Catch / Ball Exchange]**

- \* Child is an animal from the story (such as the cow)
- \* Peer or adult is the farmer
- \* Farmer kicks/throws/tosses a red ball to the animal, "feeding the animal an apple"
- \* Animal returns the apple to the farmer

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#### **Apple 'n the Tree**

##### **[Tossing / Kicking]**

- \* Using a large piece of cardboard or a box, cut a hole large enough for a red ball or red bean bag to pass through (this will be the tree)
- \* Children kick or toss the "apple" through the tree
- \* Count how many apples (10)
- \* Each kick, they are a different animal or the farmer

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#### **Apples in the Basket**

##### **[Strengthening]**

- \* Using bean bags as apples, have child deliver 10 apples into a basket  
~ scooters ~ sit-ups ~ push-ups ~ animal walks

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### Apple Hops

#### [Balance / Strengthening]

- \* Lay bean bags out along floor resembling a path
- \* Children hop OVER the bean bags (apples) as they work to get across the room
- \* Try: children pick up bean bags as they go while balancing on one foot
- \* Try: children collect bean bags by hopping over them, completing an animal walk as they move on
- \* Try: children move through the path, completing a calisthenic as they go

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### Naughty Sheep!

- \* Using scooters, have a team of two peers take turns pushing each other on a scooter along a safety line "stealing" apples from one basket (tree) to place in another basket
- \* Try: Another team are farmers, trying to return the stolen apples
- \* Try: two children on their own scooters to move their 10 "apples" into their own pie pan
- \* Try: adding "trees" (safety cones) along the way for children to traverse through the forest

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### Movin' Apples

#### [Coordination]

- \* Using their knees, have child secure a ball (apple) between their knees, and move it across the room to drop in a basket
- \* Have child carry "apples" from the top of the stairs to the bottom of the stairs using one hand
- \* Have child stand at bottom of stairs to catch "apples" peers roll down steps
- \* Child runs "apples" around cones using their foot, hand, or carrying

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### Rotten Apples!

#### [Coordination]

- \* Place apples (stepping stones, dots, bean bags, bubble wrap pieces, etc) along the floor to form a path
- \* Children have to stomp on the "rotten apples" as they move from one tree (safety cone) to the next tree
- \* Try: Having children follow the leader, yelling "squish!" and "squash!" along the way
- \* Try: Having children count the stomps they make along the way: "One - yuck!" "Two - ewww!", etc.

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**Tossing apples on to small trees,  
apple baskets or pictures of  
characters from the story**



**Tossing apples on  
to apple pie pans**

**Throwing apples  
at characters from  
the story**



**Apple Tree targets!**



**Balancing an Apple**

