Suggested Gross Motor Activities

I have tried to compile a list of activities to support gross motor skills using objects which you may have in the house.

* **Toss bean bags (or rolled up socks!) into baskets -** Provide laundry baskets or buckets, take turns tossing bean bags (or socks!) into the target.
* **Move on paper plates/coloured spots -** Colour in paper plates or circular pieces of paper. Then get creative! Place them in a row (red, green, red, green) and have your child step on just the red ones. Or have them get down on all fours and “skate” with a plate under each hand. Put the plates far apart for big steps. Or put them close together for tiny steps.
* **Learn with a ball toss –** There are lots of different throwing activities you can do. For example, you can throw a ball to your child and name a word. Then s/he names a rhyming word and tosses the ball back to you. Be creative!
* **Play “find and tag it” -** This is a versatile game that can be used to review many different skills. Just tell your learners to find something and tag it. For example, “Find and tag something blue.” Or “Find and tag something that starts with /s/.”
* **Move like an animal -** You’ll need some open space, but this is a great way to get kids using new muscles. Here are some ideas:
* Move like a bird (run with arms outstretched)
* Move like a snake (wiggle on tummies on the floor)
* Move like a bear (walk on all fours)
* Move like a frog (get down on haunches and hop)
* Move like a kangaroo (take big leaps with arms in front of chest)
* Move like an elephant (with heavy stomping)
* Move like a penguin (waddle with ankles close together and arms pinned to sides)
* **Copy me! -** This is where you can get in *your* workout for the day! Simply do a series of exercises or silly actions, and have your child copy you. Jump like a kangaroo. Scratch like a monkey. Run in a place. (Whatever it takes to get that heart rate up!)
* **Create a wiggle jar -** Print or handwrite action cards and place them in jar. When your child need a movement break, pull a few cards for everyone to do. Here are some ideas for a wiggle jar:
* Jog in place while you sing the alphabet.
* Touch the sky and then your feet five times in a row.
* Pretend you’re playing the drums.
* Fly around the room like a bird.
* **Dance like this -** If your child like to dance, put on some music – but give them instructions to dance a particular way. They can dance slow, fast, in a circle, silly, etc!
* **Roll and move -** Grab a dice, and write a list of simple exercises on cards. Have one learner draw a card, and another roll the die. The die tells you how many times to do the exercise. Here are some ideas for the exercise cards:
* Touch your toes
* Do arm circles
* Run across the room
* Hop on one foot
* Jump forward
* Take big steps
* Take tiny steps
* **Be an athlete -** Have your learners pretend to do one of these sports. Think of it as heart-pumping charades!
* basketball
* football
* skiing
* rope climbing
* tennis baseball
* rowing
* **Be the weather -** Children can use their bodies to be different kinds of weather, such as:
* rain
* snow
* earthquake
* tornado
* wind
* **Learning scavenger hunt** - Write things your child is learning on sticky notes – they may be letters, numbers, shapes, sight words, etc. Put the sticky notes in various places around the room (some hidden and some obvious), and see how many your child can find and identify.
* **Do alphabet yoga -** If you have nap mats or towels, pull them out and challenge your learners to do a yoga pose for various letters of the alphabet.

A – Airplane (hold still and move arms to the side)  
B – Bicycle (lie on your back and pedal your feet)  
C – Cat pose (get on all fours; then round your back while tucking in your chin; release)

For a list of yoga poses from A-Z (and how to do them!) [**visit Pink Oatmeal.**](https://www.pinkoatmeal.com/alphabet-yoga/)