

GROSS MOTOR ACTIVITIES AT HOME

1. Obstacle Course: This can be made different every time, so it never gets old. Make sure to create an engaging course that includes a variety of motions (jumping, crawling, balancing, etc.) and uses a large area. Have your kids help make the course by using some of these creative ideas, if possible:

- Hula hoops to jump through
- Line of tape to balance on
- Couch cushions to hop between
- Table to crawl under
- Blanket over 2 chairs to crab walk through
- Tupperware containers to hurdle over
- Stuffed animals to roll over
- Plastic cups to run around
- Balancing a bean bag or stuffed animal on head



2. Mission Impossible Obstacle Maze: Using either Crepe Paper, Toilet Paper, Painter's Tape, Yarn, etc. create an intricate maze in a hallway for your kids to navigate their bodies through. Put the tape up high and down low, forcing them to step over and crawl under at various points.

3. Simon Says: Have your child listen to your commands which can be anywhere from "stand on one foot" to "do 5 sit-ups". If possible, switch places and let your child be "Simon" and give you commands.



4. Recycling Bowling: Find any empty plastic bottles, cans, containers, etc. and line them up like bowling pins in a hallway or open area. Take turns using a ball to knock them all over. If possible, have your children keep score to practice their math skills.

5. Tape Shape Game: Use this tape to put a variety of shapes, letters and/or numbers on your floor. Have your child stand on their favorite one then give them instructions to follow that will lead them to their next destination (for example: “crawl to the square”, “hop like a Frog to the T”, “Run to the rectangle”).

6. Keep Up the balloon: All players need to use their body parts to keep the balloon from hitting the ground. Add another balloon into the game if you want to make it more challenging.



7. Movement Songs: Use interactive music to dance along to (Macarena, Chicken Dance, Hokey Pokey, Baby Shark, etc).

8. Active Stations: Make signs for different activities: jumping, skipping, crawling through tape/rope, balancing activities. Set a timer, and have your child move through the stations with you.

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|  |  | <p>Key Points</p> <ul style="list-style-type: none"> • Squat down like a frog • Jump as high as you can • Repeat this across the room |
|  |  | <p>Key Points</p> <ul style="list-style-type: none"> • Extend legs straight • Head down |
|  |  | <p>Key Points</p> <ul style="list-style-type: none"> • Bottom up for level stomach as the child is able • Feet under knees |
|  |  | <p>Key Points</p> <ul style="list-style-type: none"> • Start in downward dog • Walk hands out to plank • Walk feet up to downward dog |
|  |  | <p>Key Points</p> <ul style="list-style-type: none"> • Feet together • Hands to chest • Small jumps with both feet • Jumps with hands stationary |

9. Relay Races: Race your children from one side of the room to the other in different ways such as three-legged races, bear crawling, crab walking, hopping, wheelbarrow walking, etc.

10. Wheelbarrow Puzzle Walk: Set-up a wooden puzzle board or building blocks and scatter the pieces around a room. Grab your child’s ankles (or hips to make it a bit easier) and hold them up so they can walk on their hands to collect them. They have to bring each piece back 1-by-1 until the activity is complete.