

Gross Motor Activities

- Use playground equipment: climbing wall, ladders, slides, swings, over-head bar
- Use sidewalk chalk to draw lines to jump over with feet together
- Use sidewalk chalk to draw a hop scotch pattern
- Games like “Simon Says”, “Red Light Green Light”, “Duck, Duck, Goose”
- Use balance beam or walk tandem using a line of sidewalk chalk or tape
- Stepping up and down stairs, walking over uneven surfaces like a hiking trail
- Walking up and down hill (no running); walk
- Riding toys requiring your child to pedal using their feet
- Toss and catch ball or bean bags while balance on one knee and one foot (half kneel) or while on both knees (tall kneel)
- Practice balancing and hopping on one foot
- Animal walks (wheelbarrow walk; bear walk; crab walk; frog jump)
- Twister game
- Yoga
- Ball activities like soccer, basketball or tennis