

Gross Motor Activities

<p>X Marks the Spot: Make an X on the floor with painters' tape. Jump from one side to the other – back and forth, side to side and across! How many times can you jump from side to side without touching the tape? (SUPPLIES: Painters' tape)</p>	<p>Stars on the Wall: Use painters' tape to make "stars" at different heights and sizes on the wall. Blow up a balloon and throw it towards the "stars." How many times can you hit the stars with the balloons? What if you take 2 steps back? (SUPPLIES: painters' tape, balloon)</p>	<p>Zig Zag Balance: Use painters' tape on the floor to create a zig zag line down the hallway. Can you walk down the line without falling off? Can you do it backwards? (SUPPLIES: painter's tape)</p>	<p>Spider Web: Use several pieces of painters' tape to create a "web" in an open doorway for your child to move through. Can you go through without getting caught in the web? What if we add another piece? (SUPPLIES: painters' tape)</p>
<p>Spider Web Weaving: Once you have created a spider web using painters tape, use a small blanket, or yarn and have students weave between the spaces.</p>	<p>Long Jump: Create a "starting line" with a small piece of tape. Ask your child to jump with both feet as far forward as they can. Mark it with tape and measure it. Can you go farther? Try it again until you can break your record. (SUPPLIES: painters' tape, measuring tape)</p>	<p>Hopscotch: Create a hopscotch board in your apartment out of painters' tape. Extension: tape a letter from your child's name down in each square. Can you "spell" your name in jumps? (SUPPLIES: painters' tape)</p>	<p>Can You Stick it?: Create a rectangular "frame" out of painters' tape on the wall (sticky side against the wall), then stick a few strips of tape inside the frame with sticky side out. Throw pom poms or balloons at the frame, how many can you stick to the frame? (SUPPLIES: painters' tape, pom poms or balloons)</p>

<p>Ring Toss: Cut the centers out of paper plates to make "rings." Write the letters of your child's name on the bottom of cups and place them upside down on the floor. Can you throw the rings around the letters of your name? (SUPPLIES: paper plates, scissors, paper cups, marker)</p>	<p>Lava River: Take the pillows off the couch and spread them around the room. Have the kids jump from pillow to pillow without falling into the "lava river."</p>	<p>Limbo: Use a broomstick or a mop to create a limbo stick – put on some music and see how low you can go! (SUPPLIES: mop or broom)</p>	<p>Obstacle Course: Create an obstacle course out of any items you can find – small chairs become cones, a sheet draped over 2 chairs is a tunnel, circles on the floor have to be hopped into...</p>
<p>Shake it: Fill an empty tissue box with pom poms, buttons, cotton balls... anything that fits, and then tie it around your child's waist (with the tissue box in the back). Shimmy and shake until you make all of the items fall out of the box. (SUPPLIES: empty tissue box, belt, string or laces)</p>	<p>Cup Bowling: Use plastic solo cups to stack up in a pyramid, then roll a ball down into it. How many pins can you knock down? (SUPPLIES: plastic cups, ball) <i>Bonust: talk about shapes (the cups form a triangle), practice counting the cups, name the colors on the cups as you lay them out and knock them down</i></p>	<p>Balloon walk: Blow up balloons and see how far you can go, holding a balloon between your knees! Don't let it go!!! (SUPPLIES: balloons)</p>	<p>Freeze Dance: Turn on some music and do a freeze dance. Can you do it with animal movements?</p>

<p>ABC Music: Write the alphabet onto paper (1 letter per page) and spread them around the room. Turn on music and dance until it stops, when the music turns off, call out a letter and have them find it and pick it up – do it again! (for older children, say find the letter that sounds like “mmmm” or find the letter that begins the word Monkey.)(SUPPLIES: paper, marker, music)</p>	<p>Number Twister: Write numbers 1-10 on paper (1 number per page.) Draw a picture to represent each number (1 circle, 2 balloons, 3 butterflies on individual sheets of paper. Call out the number and body part and have students put one body part on the number and the other body part on the picture that represents that number.</p>	<p>Flashlight Scavenger Hunt: Turn off lights and hide objects around the house and have your student search for it using a flashlight. Create themes for the different scavenger hunts; for example items that feel soft, feel rough, items that taste sweet, salty or sour. Can be objects connected to 5 senses, primary colors etc.</p>	<p>Tic-Tac-Toe: Use painters' tape to create a big tic tac toe board on the floor – jump from 1 space to the other as you place your X or your O. Can you get 3 in a row? (SUPPLIES: painters' tape, markers for X and O)</p>
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