

Gross Motor Activities for Home



Movement cards

These can be placed in jar and kids can pick at random times or parents can give times to pick (ex. Pick 5 before sitting to eat to dinner)

- *run on the spot
- *touch your toes x5
- *hop like a bunny
- *arm circles x5
- *hop on one foot
- *do 3 wall push ups
- *do a sit up



Yoga

- *there are many options on YouTube for kids yoga



Stretching

Complete before breakfast or before bed as a family

- *vsits
- *table bridge
- *sit in long sitting and play drums on either side of leg and in between



Jump on trampoline



Hopscotch

Play outside with sidewalk chalk or use painters tape on floors

*add numbers, colours or letters to boxes for kids to identify when jumping



Balloon Play

*use balloons with spatulas and paper plates to play badminton



Tricycles, scooters or bike riding

Wear helmets and practise proper safety techniques



Obstacle Course

*use painters tape to make balance beams, hop over small objects, crawl under chairs or tables



Move like animal cards

- *bear crawl
- *frog hops
- *stomp like an elephant
- *wiggle like a snake
- *waddle like a penguin



Bean bag toss

*Use laundry baskets to catch, fill socks or mittens with rice or beans.

*count the bean bags when tossing

*put coloured items into laundry baskets and throw matching coloured socks or bean bags into basket



Simon Says/Copy Body movements

*have children copy body movements made by parents



Coloured dots on wall

- *use construction paper to make targets
- *put targets at different heights and have kids jump and reach for each target-add numbers or letters and ask kids to jump to each letter or number
- *use bean bags to toss at each coloured target



Maze

- *use painters tape to make maze on floor
- *crawl and push ball through maze
- *kick ball through maze
- *scooter through maze