

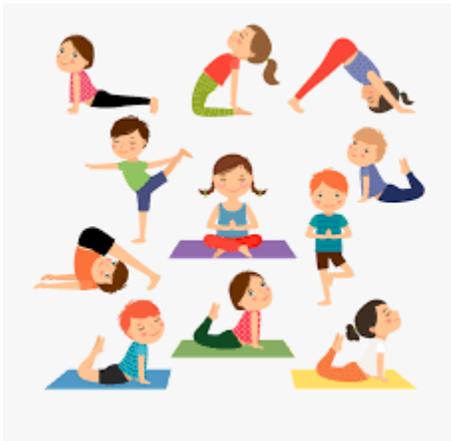
# Gross Motor Activities for Home



## 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

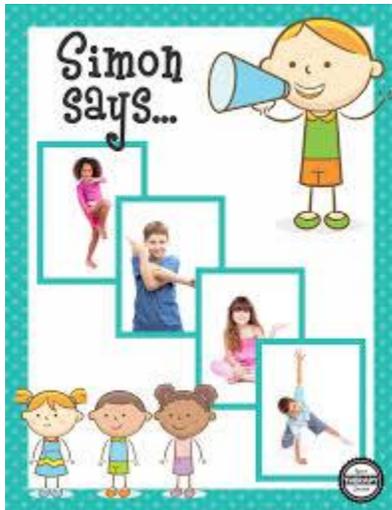


### **Bean bag toss**

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

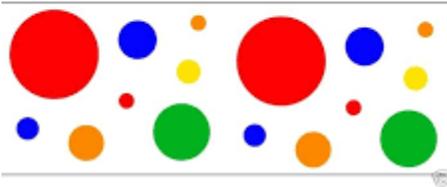
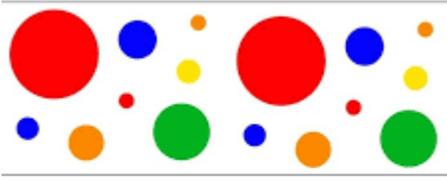
\*count the bean bags when tossing

\*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