

Gross Motor Activities to Do at Home:

Animal Crawling:

1. Bear crawling-
 - Crawling position with buttocks up in the air
 - Move alternating hands and feet
2. Crab walking-
 - Hands and feet down on the floor, buttocks up
 - Belly toward the ceiling
 - Move alternating hands and feet
3. Frog hopping-
 - Hands and feet down
 - First advance hands forward together
 - Then advance feet forward together by hopping forward
4. Bunny hopping-
 - Standing position
 - Hop forward with 2 feet leaving the ground together
5. Kangaroo hopping-
 - Standing position
 - Place small ball between legs at knee level
 - Hop forward with 2 feet leaving the ground together
 - Hop backwards and sideways
6. Wheelbarrow walking-
 - Support child's legs and progress to ankles as they walk on their hands
 - Have them retrieve objects from floor and put in bin
 - Have them complete a simple puzzle
 - Have them pop bubbles on bubble wrap
 - Have them walk up the stairs with their hands

Balance Activities:

1. Balance beam-
 - Place 10 feet of tape on the floor
 - It should be about 2-4 inches wide
 - You can add bubble wrap for more fun and texture
 - Encourage child to walk forward/backward with hands on Hips
 - You can also have your child walk on a curb (with supervision)
2. Single leg standing-
 - Have child balance on one foot while singing favorite songs
 - Have child keep hands on hips while balancing
 - Can start with having child balance on one foot while their other foot rests on a ball

3. Stilts-

- Poke holes in opposite ends of tuna fish cans or coffee cans
- Lace a clothes line or string of similar thickness through the cans
- Be sure line is long enough for child to hold in hands while standing on the cans
- Tie knots at both ends of the rope under the can to prevent slipping

4. Toe walking-

- Have child stand in one place on toes with hands overhead (reaching for sky)
- Have child walk on tip toes

5. Heel walking-

- Have child stand on heels with hands on hips
- Have child walk on heels

Jumping/Hopping:

1. Jumping with 2 feet together- (“first bend, then jump”)

- up off of floor
- down from surface (ie- bottom step)
- up onto surface (ie- bottom step)
- over small obstacles (ie- toys, hula hoop, paper towel roll/rolls)
- over hurdle (tie jump rope to chair leg, increase height with progress)
- place bubble wrap on floor to make it more fun to jump
- can jump to nursery rhyme “Jack be Nimble” and pretend that there is

candle underneath

2. Hopping on one foot-

- try using bubble wrap (kids love this)
- hopscotch- You can make this more challenging by throwing bean bags onto some of the numbers. The child is not allowed to step on the numbers covered with the bean bags. Be sure to give verbal cues and demonstration for best results.

Ball Play: (use playground ball, tennis ball, sock ball, or bean bags)

1. Catch-

- when throwing ball to child, stand approx. 5-10 feet away
- when child is throwing, goal is approx. 10 feet
- encourage child to use hands instead of trapping ball against body

3. Throwing overhand- (“back and boom”)

- child should move arm up and back and then advance it forward
- child should step forward with opposite leg

4. Throwing underhand- (“tic toc”)

- child should move arm down and back and then advance it forward
- child should step forward with opposite leg

5. Hula hoop toss-

- hold hula hoop at eye level for child
- encourage child to toss sock ball or bean bags through hoop

6. Bucket ball-
 - place empty trash can, hamper, etc... in center of room approx. 5-10 feet from child
 - encourage child to throw ball into bucket
7. Kicking ball-
 - encourage child to step next to the ball with one foot and kick with the other foot
 - work on kicking a ball from a stationary position
 - work on kicking a ball after running approx. 10-15 feet
 - work on kicking a rolling ball
8. Bounce and Catch-
 - encourage child to drop a ball and catch it with two hands
 - bounce a ball to your child and encourage them to catch it with their hands

Coordination:

1. Log rolling-
 - great to do this to the nursery rhyme "Jack and Jill"
2. Galloping-
 - one foot steps out and the other foot hops behind (step to step)
 - be sure to practice with each foot leading
 - great to do this to "Yankee Doodle" with a broom (horse) between their legs
3. Skipping
 - similar to galloping, only you alternate feet
 - give verbal cues "step hop, step hop, step hop"
4. Bean bag fun-
 - have child crawl on the floor while balancing bean bag on their back
 - have child walk, sit on a chair, sit on the floor, and stand up while balancing a bean bag on their head
5. Climbing- playground
6. Obstacle courses
7. Forward rolls
 - be sure to give cues for child to tuck their chin to their chest
8. The game "Twister" is an excellent game for coordination and balance