

Activities for Gross Motor Skills.

Obstacle Course: Set up a mini course at home or in the garden which involves, hopping, sliding, running, crawling, swinging, jumping, balancing etc.



Trampoline: if you have access to a trampoline, bounce, bounce, bounce!

Twister: This is a great game that is commercially available to help develop balance and body awareness. You can make your own version of this game by drawing circles on the floor with chalk or colouring in circles on an old sheet – call out the hand or foot and then the colour that the hand / foot has to go on or you can make a spinner (see picture below).



Ball Games: Play with different size balls. Practice rolling, catching and bouncing a ball, and playing football.

Animal Walks: Walk around on all fours; squatting like a duck, jumping like a frog, standing on tip toes like a giraffe, walk sideways like a crab etc.

Animal Walks

Frog Jump



Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

Bear Walk



Key Points

- Extend legs straight
- Head down

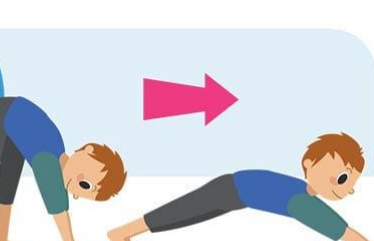
Crab Walk



Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

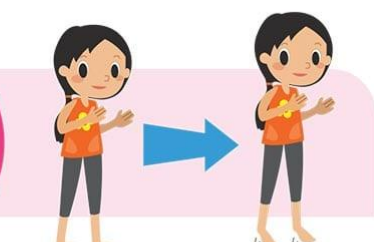
Caterpillar Crawl



Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

Kangaroo Jump



Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

Rope games: There are many games you can play with a rope to help develop balance, muscle tone and coordination. Some examples include: walking along the rope on the floor, jumping over it and side to side, skipping, tug of war. You could also make out lines on the floor using tape and use them to walk along, between or jump over.

