



Preschool At Home Gross Motor Activities

<p>Play "freeze". Play some music and dance together. Then turn off the music and "freeze or stop". Turn the music back on and then say "go".</p>	<p>Play an action game with counting in it. Ask your child to jump three times, wiggle their fingers twice, turn six times, blink once, etc.</p>	<p>Sit opposite of your child with your legs spread out and roll a ball back and forth to one another. Talk about "fast/slow" concepts and compliment with "good catch, nice roll, etc."</p>	<p>Allow your child to practice jumping. Jump on a mattress placed on the floor, or on cushions. Supervise carefully! Great exercise for strengthening legs.</p>	<p>Target toss. With a ball or a crumbled up paper or rolled up sock, toss at a target or into a bucket or container.</p>	<p>In a basement or outside, give your child a large rubber ball that they can kick against a wall, and retrieve. Repeat. Place a colorful target on the wall to aim at, also.</p>	<p>Play hopscotch together. Make a hopscotch with numbers 1-10. Practice hopping with one foot, then on two then back to one.</p>
<p>Try some stretching exercises together. Touch your toes and reach to the sky. Lie flat on your tummy and stretch your arms to arch your back and look up. Reach to your sides and stretch your legs.</p>	<p>Play follow the leader with your child. Try walking backwards, hopping, spinning, take small steps and then large steps, swing your arms, etc. Take turns being the leader.</p>	<p>Dance, skip and jump to your child with music playing but when the music stops or when you say "Statue!" they must freeze into that position.</p>	<p>Turn on some dance music. Join your child and dance and make some stuffed animals/dolls dance with you too! "So you think you can dance?!"</p>	<p>Use wax paper or paper plates and slide on the floor.</p>	<p>Move like different animals. Try different animal walks: Bear walks, crab walks, snake crawls (on belly), frog jumps</p>	<p>Play "The Floor is Lava." Tape down various colored paper on the floor and children have to go from color to color to avoid the 'lava.'</p>
<p>Use a smaller laundry basket, load it up and see how fast your child can push it across the room. Place a dishtowel under-neath, so it slides freely.</p>	<p>Use a bed sheet, pillowcase or blanket as a parachute. Move in different ways to see what happens- up, down, fast, slow, side to side..</p>	<p>Go around the house and take pictures of items or textures (pillows, curtains, blanket, etc). You can use a tablet or smartphone. Have your child find all the places one by one. At the last picture, you can leave a surprise!</p>	<p>Tie off an end of a ball of yarn. Weave it all around the furniture. Give the loose end to your child and have them trace back to the beginning by unwinding it and collecting it along the way.</p>	<p>Make an obstacle course inside with materials available. Have your child go over, under, on top of, around...</p>	<p>Do turtle walks: Place a large pillow on the child's back and see how long they can crawl around with a "heavy shell" on their back</p>	<p>Sing and do the movement to any of the songs listed on the rhymes/charts sheet.</p>