

Gross Motor Activities

Elementary

*Choose an activity that brings both hands to midline, while also crossing midline such as golf, hokey, or Frisbee.

*Always work both sides of the body

*Show child how to set up game, and then allow them to practice setting it up on later turns. Allow them to come up with obstacle courses or different ways to play the game.

Floor Exercises-

- Roll like a log; to the right and to the left
- Commando crawl on stomach (make sure they are using both legs and both arms)
- Crawl backwards
- Crab crawl- using hands and feet with bottom off of the floor
- Bear crawl- using hands and feet with bottom in the air (make sure knees aren't touching the ground)
- Frog jump- touching both hands to the floor, then jump up to the sky
- Bunny hop- hopping with both feet together
- Tandem walking- walk in a straight line with heel of one foot touching toes of the other foot
- Play game tip toeing around home, then change to walking on heels
- Marching with quiet feet, using high knees
- Giant Steps
- Skipping
- Gallop with one leg in front; then switch legs
- Hop on one foot; right, then left
- Walk backwards
- Jump backwards. Advance to using one foot.

Balloon-

- Tap the balloon in the air, try not to let it hit the ground!
- Bounce the balloon off different parts of the body i.e. head, elbow, knees, and feet. Make sure they are using both left and right sides.
- Sit on the floor for volleyball play; then advance to kneeling position.
- Use a pool noodle to keep balloon in the air.
- Play baseball- Use a pool noodle and have the child bat at the balloon you throw. Switch and have the child throw to you. Alternate batting using both arms.