

Gross Motor Activities

Preschool

*With all activities; incorporate counting, shapes, colors, and facial expressions.

*Focus on turn taking.

*Show child how to set up game, and then allow them to practice setting it up on later turns (see if they can recall with little help.) Allow them to come up with obstacle courses or different ways to play the game.

*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

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



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