

Gross motor activities



The floor is lava:

Place 'stepping stones' around the room. Can you get from one side to the other without touching the floor?

You will need: Cushions, paper, or any items that can be used as stepping stones.

Laser beams:

Attach tape or string to opposite surfaces.

Can you move through the area without touching the lines?

Or, try placing items on the floor for your child to step between, over, etc.

You will need: Tape, string.



Sweeping skills:

Place some obstacles on the floor.

Can you use a brush to sweep a ball around the objects?

You will need: A broom (or something similar) a small ball, and some objects.

Hoop toss:

Use a cardboard tube and paper plates to create a hoop toss. How many rings can you get on the pole?

Or, place a target for your child to aim for (a large bowl). Can they throw objects into the bowl?



You will need: A cardboard tube, paper plates, and scissors. Or, a large bowl and some throwing objects.



Bottle bowling:

Place some empty plastic bottles, or skittles, out on an even surface. Use a ball to see how many you can knock over. Can you score a strike?

You will need: Empty plastic bottles, a ball

Active path:

Use some chalk, if outside, or paper to make an active path. Use ideas that involve whole body movement.

You will need; Chalk or paper and pens

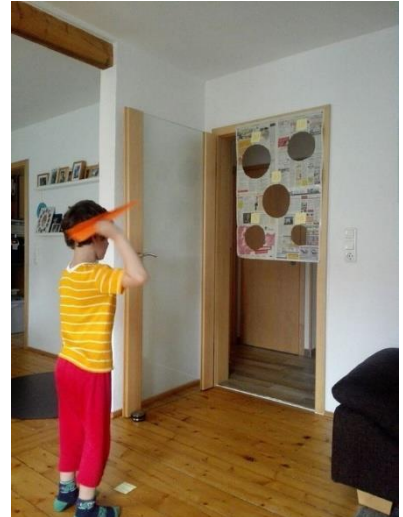


Paper plane aim:

Make a paper plane and practise your aiming skill. Can you get it through the doorway?

Too easy: Tape newspaper together and cut holes, or draw different targets. Can you reach them all?

You will need: Paper or card, sheets of newspaper and tape



Outdoor circuits:

Use any equipment you have to build an active circuit.

You could transfer this indoors by using jumping, throwing, catching, hopping etc.

Chalk walk:

Use chalk to draw lines outside. Can you follow a straight line? Can you follow a wiggly line, without getting lost?

Or, use string to make your lines inside.



