



# Gross Motor Skills Activities

## Animal Races From A to K

**Alligator Crawling:** Have your child lie on the floor with the tummy facing down. Then ask him/her to push forward using only the elbows and shoulders to propel forward while keeping the legs together.

**Bear Walking:** Have your child stand and then place hands to the front keeping the legs and arms straight forming a triangle with the floor. Then ask him/her to walk keeping the knees from bending as much as possible.

**Crab Walking:** Have your child sit on the floor with the tummy facing up keeping hands and feet in contact with the floor. Then ask him/her to walk keeping the rear off the floor and pushing the tummy to the ceiling.

**Duck Walking:** Have your child stand and then squat down keeping hands close to the face with elbows bent and close to body. Then ask him/her to walk keeping the knees bent and moving arms in same direction as the legs as they switch.

**Elephant Walking:** Have your child kneel on the floor with the tummy facing down and the hands in front on the floor. Then ask him/her to walk keeping the head facing up and moving one side of the body then the other repeatedly.

**Frog Hopping:** Have your child stand and then squat down to place the hands on the floor with knees bent and spread open. Then ask him/her to hop keeping the rear low to the ground.

**Gorilla Walking:** Have your child kneel on the floor with the tummy facing down with closed fists in contact with the floor. Then ask him/her to walk keeping the knees off the ground and hands fisted.

**Horse Trotting:** Have your child stand and lift one knee up. Then ask him/her to trot by pushing the elevated leg down and lifting the other leg up repeatedly moving forward.

**Iguana Crawling:** Have your child lie on the floor with the tummy facing down. Then ask him/her to push forward using the elbows and shoulders to propel forward and bending one knee at a time to assist while keeping the hips low to the ground.

**Jaguar Walking:** Have your child stand and then place hands in front forming a triangle with the floor. Then ask him/her to walk the hands forward lifting one knee with foot off the ground. Then have him/her place the foot down and switch legs repeatedly while moving forward.

**Kangaroo Hopping:** Have your child stand with feet together and with hands near the face with elbows bent. Then ask him/her to hop forward repeatedly keeping the feet together.