



General Gross Motor Skills Activities

Balance

- Maintain yoga postures like tree, stork, & spinal balance
- Maintain one-legged stance for 1 second for every year of age i.e. 5 seconds for 5-year-olds
- Perform tandem walk by walking heel to toe with feet in front of each other in line
- Perform tandem walk going backwards as well with toe touching behind heel of foot
- Walk on top of a chalk line or on top of painter's tape placed on floor
- Walk along a sidewalk edge or on a raised beam on a playground

Coordination

- Jump back and forth across a chalk line or a line tape
- Play *Simon Says* with multiple-step directions, i.e. "Put your right hand on your left foot."
- Practice doing jumping jacks in slow motion to start and then increase speed
- Throw rolled up socks into a laundry basket placing it flat on the floor to make it easier
- Bowl using empty drink cans or bottles as bowling pins with a regular ball
- Create obstacle courses using chairs, large pillows, and air mattresses
- Clap in a circular motion and/or stomp foot to the steady beat of a metronome
- Draw large numbers on sidewalk and match actions to numbers, i.e. 5=sit, 9=jump, 2=hop
- Roll dice and perform actions to match numbers, i.e. jump 5 times, clap 3 times, spin 6 times

Core Strengthening

- Perform sit-ups holding child's feet for support
- Lay child on top of an exercise ball with stomach facing up; have child reach overhead for toys on floor while adult holds feet or legs; have child sit up to hand adult toys
- Hula hoop or pretend by imitating hip rolling
- Sit child on exercise ball, shift the ball in different directions, child balances to stay on

Joint Stability

- Practice wheelbarrow walking by having child walk on hands while holding up legs
- Practice crab walking by having child walk on hands & feet with stomach facing up
- Practice bear walking by having child walk on hands & feet with stomach facing down
- Maintain yoga postures like down dog, up dog, plank, side plank, tabletop, cat, & cow
- Do push-ups with knees on ground until strength improves
- Commando crawl across a floor using only shoulders to propel the body forward
- Propel body across sidewalk or floor lying on a scooter board, stomach facing down

Projected Action Sequences

- Kicking a moving ball in standing; try also in crab walk position to work on joint stability
- Catching a ball in standing; try also in kneeling positions to work on balance
- Swinging at a moving ball or suspended object; try in kneeling positions as well
- Blow up a balloon and tap back and forth between partners or alone to keep the ball in the air

Additional Tips from a Therapist

- Flash cards for yoga postures or body awareness are very helpful and kids enjoy them.
- Metronome apps are available to help improve with timing and increasing patience.
- It's important to be creative. Try making up stories to encourage pretend play.
- Children respond well to stickers and other rewards like free time with a favorite toy.
- Always remember to provide support as needed especially for smaller children.