

IMPORTANT GROSS MOTOR ACTIVITIES FOR YOUR KINDERGARTENER

- Catches and throws a small ball
- Bounces and catches a small ball
- Kicks a stationary and moving ball
- Catches a medium ball with hands only, not trapping to chest.
- Balance on one foot for at least 5 seconds
- Stand on tiptoes to reach for objects
- Walking forward and backward in a straight line
- Hops on one foot 4 times
- Gallops on either foot
- Walks up and down stairs with alternating feet
- Jumps forward with 2-footed jump for about 36 inches
- Jumps over 10 inch high obstacle
- Jumps down from 24 inch height
- Able to perform independent sit up
- Able to perform independent push up
- Pedal a tricycle
- Negotiate the playground
- Perform an obstacle course with 3-4 steps
- Perform a forward roll and log roll
- Dresses self and attempts/completes fasteners