

GROSS MOTOR ACTIVITY SHEET

- Tall kneel for races, coloring, puzzles
- Half Kneel for coloring or play, practice “freezing” in position
- Animal Walks: Frog Jumps, Bunny Hops, Inch Worms, Bear Crawl, Crab Walks, Cat-Camel, Duck or Penguin., Snake
 - Demonstrate or have child show you what they think
- Bubbles: Chase them, try to pop them, try to catch them
- Bubble wrap: pop with fingers, pop with feet, walk over it without popping
- Sidewalk chalk: coloring, practice letters, hopscotch
- Obstacle Course Activities:
 - Use action words: under, over, around, through, behind, in front, next to, etc.
 - Hopping, Galloping, Jumping, Running
 - Get around furniture or up/down stairs
 - Walk on a line or balance beam: Forward/Backward/Sideways
- Forward Rolls/Log Rolls
- ABC Push ups/Sit ups/Bridges
- Wheel Barrow Walking
- Beach Ball/Playground Ball: Catching, Throwing, Bumping
- Getting Dressed Relay: Use oversized clothes or their own
- Visit your elementary school playground to practice on the equipment
- Hike or take walks
 - High School and Middle School Tracks
 - Hempstead Lake Park
 - Norman J. Levy Park
 - Tanglewood Nature Preserve
- Extra-Curricular Activities: Yoga, Tae Kwon Doe/Karate, Swimming, Running, Biking