

**Activities to
Promote Gross
Motor Skills in
Young Children.**

Planning for Gross Motor Success

Break tasks down into smaller steps.

Give one instruction at a time.

Model the motor action.

Keep verbal directions to a minimum.

Use imitation games.

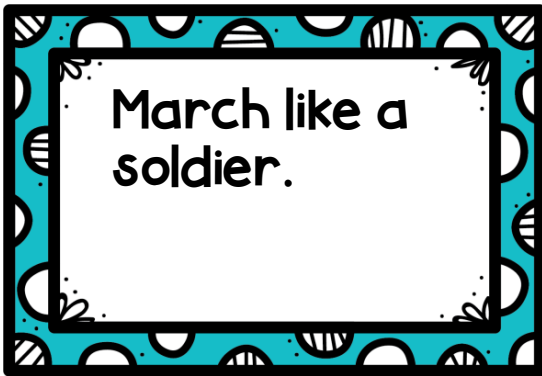
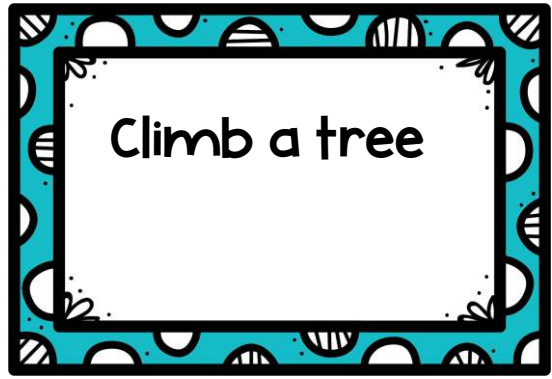
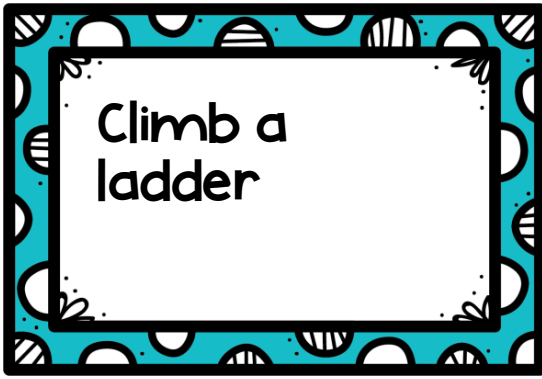
Use visual cues.

Use nursery rhymes with actions.

Repeat motor activity at least 20 times before
moving on.

Don't force but encourage children to take part in
activities.

Establish a signal to gain children's attention.



Walking game:

Walk on heels
Walk quickly
Walk backwards
Walk standing tall
Walk with arms behind you
Walk with your hands on your head
Walk in a straight line.

Animal Walks

Pretend you are a lion, walk on all fours and roar!
Pretend you are an elephant join your arms in front of you, sway your arms like a trunk.
Pretend you are a worm- wiggle on the floor.
Pretend you are a frog- see how many different ways you can jump!

Animal Walks.

Pretend you are a rabbit. Hop on one foot then on two.
Pretend you are a duck- keep your feet together and waddle!
Pretend you are a bird flying high.

Beanbag Games

Put the beanbag on your head and walk in a straight line.

Put the beanbag on your back and crawl.

Put the beanbag on your hand and walk around the room.

Walking Games 2

Walk on your tiptoes.

Walk on your heels.

Walk like you are walking in slime.

Walk in a zig zag pattern.

Stay on the line!

Stick two lines on the floor using masking tape.

Jump with two feet on the two lines.

Cross feet over to opposite lines when walking.



Newspaper Island:

Scatter newspapers around the floor. Play music. When the music stops, remove a sheet of paper, if you are not on paper you're out!



Beanbag Toss:

Throw beanbag up in the air with right hand and catch with right hand.

Toss with right and catch with left.

Throw beanbag and clap your hands before catching it.

Toss the beanbag and touch your toes before catching it.



Bucket Bounce

One child holds a bucket, the other child must try to toss their beanbag into the bucket from a distance.



Kick Challenge

Use rolled up balls of newspaper, the children must try to kick the paper balls into a cardboard box lying on its side.



Target Challenge.

Place a paper circular target on the floor. The children must try to toss the beanbag onto the target. The target may have different values in different sections for differentiation.



Ball Plus.

Children practice addition while passing, rolling or kicking a ball.
e.g. child one says '10' child two says 'plus' child three says '4' and child four says the answer.



Balloon Bounce.

The class must try keep a balloon in the air while passing it to each other while saying the alphabet/tables/sounds/colours/shapes



Move on paper plates

Buy some colored paper plates. Place them in a row (red, green, red, green) and have students step on just the red ones. Or have them get down on all fours and "skate" with a plate under each hand. Put the plates in a row to get your students moving around the classroom. Put the plates far apart for big steps. Or put them close together for tiny steps

Learn with a ball toss

Arrange the children in a large circle. They pass the ball to each other while learning. For example, you can throw a ball to a student and name a word. Then s/he names a rhyming word and tosses the ball back to you. Toss it to another student with a new word for him/her to rhyme.

Play "find and tag it"

This is a versatile game that can be used to review many different skills. Just tell your learners to find something and tag it. For example, "Find and tag something blue." Or "Find and tag something that starts S."

Copy me!

Simply do a series of exercises or silly actions, and have your students copy you. Jump like a kangaroo, waddle like a penguin, hop like a bunny rabbit!

Dice Throw!

- Using a large dice, ask the children to Touch your toes
- Do arm circles
- Run across the room
- Hop on one foot
- Jump forward
- Take big steps
- Take tiny steps
- The number they land on is the amount of times they do the activity!

A-Z Yoga with Actions

- A is for aeroplane- do the actions of an aeroplane,
- B is for ball- bounce a ball.
- C is for cat, stretch like a cat.

Cross the River

- Lay out two skipping ropes, or draw two chalk lines to represent the river, and have kids try to jump over it. Try making it wider in some spots and narrower in others for a few levels of challenge