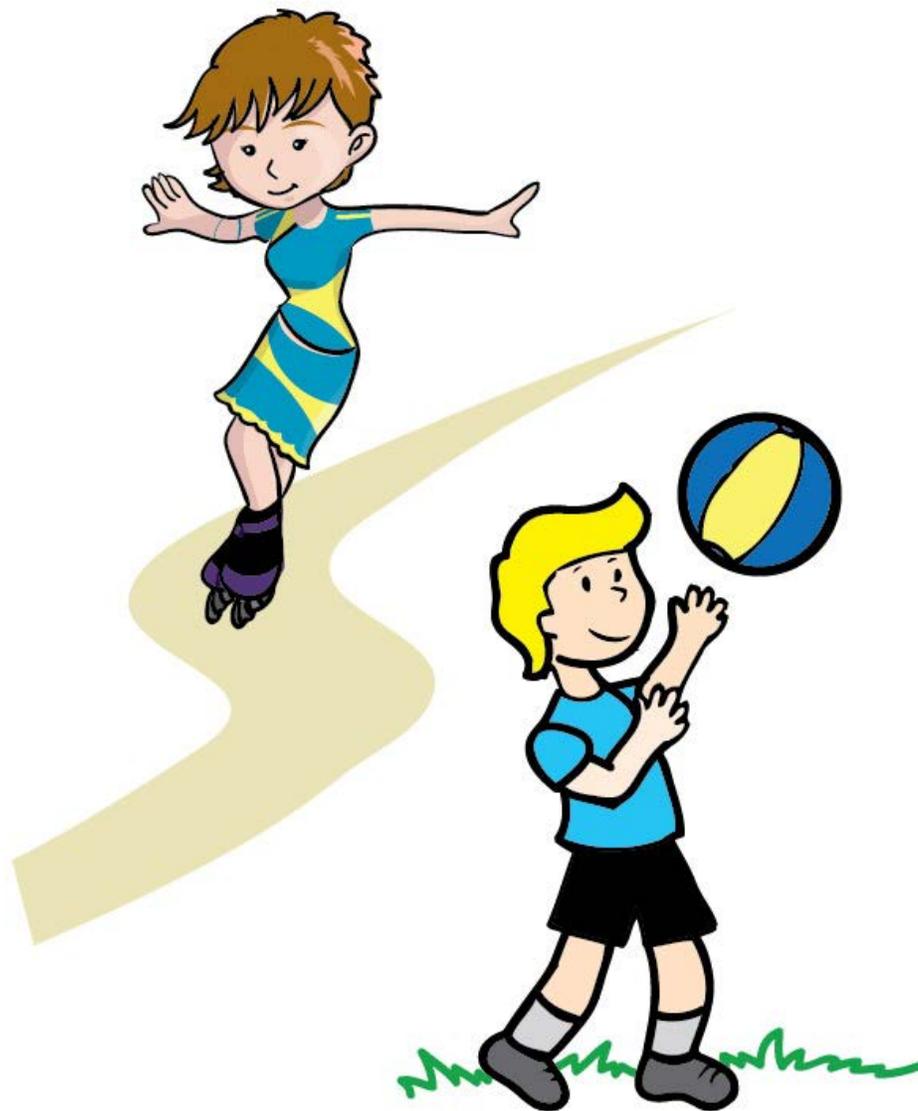


Gross Motor Activities



LOW PREP

Ball Walk

Materials:

- 2 Bins
- Various Balls
- Big Spoon

Directions:

Ask your toddler if he would like to play a game. Place one bin on one side of the room and place the other bin on the other side of the room. Place all the balls in one bin. The balls can vary in size but should not be larger than your toddler can manage "transporting" with a spoon. Tell your toddler that he will place the ball on a spoon and attempt to carry it to the other bin and dump it in the bin. Encourage him to see how many steps he can take toward the bin while keeping the ball in the spoon.



LOW PREP

Catch a Balloon

Materials:

- Balloon

Directions:

Ask your toddler if he would like to play catch. Let him pick a colored balloon. Blow it up and play a game of catch. This is a great way to work on hand-eye coordination because the balloon travels more slowly than a ball.



LOW PREP

Walk the Line

Materials:

- Chalk

Directions:

Ask your toddler if he would like to go outside to play a fun walking game. Use a piece of chalk to draw a straight line, a zigzag line, a curvy line, and any other kind of lines you would like. Tell your toddler to walk on the line and try to only step on the line because if he steps off the line he will fall into the lava. It's quite fun to play the game with him!



Pom Pom Hockey

Materials:

- Pom Poms
- Broom(s)
- Tape

Directions:

Ask your toddler if he would like to play hockey. Use tape to create two squares on the floor. Tape the squares across the room from each other. These are the goals. Place all the pom poms between the goals. Tell your toddler which goal is his. Tell him he needs to use the broom as his hockey stick and shoot as many pom poms as he can into his goal. If you have two brooms, it's a lot of fun to compete against each other.

If you don't have brooms you can make a hockey stick using a cardboard tube from the center of wrapping paper, a paper plate, and tape. Cut a paper plate in half. Attach the plate to the tube with tape.



LOW PREP

Soccer Ball Obstacle Course

Materials:

- Toddler Soccer Ball
- Cones

Directions:

In your home or yard, set up an obstacle course for your toddler to kick a soccer ball. You can use cones, but if you don't have cones you can use items such as chairs, pillows, a trash can, a bike, the couch, etc.

Ask your toddler if he wants to go through an obstacle course. Show him how he will use his feet to kick the ball around each object.

Throw Ball at Targets

Materials:

- 5 Paper Plates
- Tape
- Marker
- Soft Ball

Directions:

Using five plates, number the plates one through five. Write each number really big on each plate. Tape the plates to a window or use sticky-tac to stick them to a wall.

Ask your toddler if he wants to play a fun throwing game. Demonstrate throwing the ball at a plate. Tell him that each plate has points on it and when he hits a plate he will receive the number of points written on the plate. Play with your toddler, and see who will be first to earn 10 points!

LOW PREP

Stair Climb

Materials:

- 5 of His Favorite Toys
- Basket

Directions:

Ask your toddler if he would like to climb the stairs. Place his five favorite toys at the top of the stairs. Tell him he needs to climb the stairs to collect his toys. He can climb on his hands and knees or walk (with supervision). After picking up each toy, he will bring it back down the stairs and put it in the basket. Tell him he can scoot down the stairs on his bottom or walk (with supervision). Do this until all five toys are in the basket at the bottom of the stairs.

LOW PREP

Walking on Pillows

Materials:

- A Bunch of Pillows

Directions:

Lay out a bunch of pillows in a line on the floor and ask your toddler if he wants to walk or jump across them. You can turn it into a game where he has to rescue a stuffed animal from one end of the pillow line and bring it back safely home at the other end.

Bubble Wrap Pop

Materials:

- Long Piece of Bubble Wrap
- Tape

Directions:

Tape a long piece of bubble wrap to the floor. You can tape one down for yourself too. Ask your toddler if he wants to play a racing game. Tell him the first person to pop all of the bubbles on the mat wins the game. He can jump, run, crawl, or leap to pop the bubbles.

