

# At-Home Gross Motor Activities

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**Hopscotch:** Make a simple hopscotch “board” and your kids will think it’s just the coolest thing that it’s inside!

**Number Squares:** Make a large square with your tape and then divide it into 9 or more small squares, marking random numbers in each one. Now ask your child to perform a specific movement to get to the next number like “jump to 10”, “zoom to 3”, “slither to 67”.

**Sticky Note Wall Bop:** Attach 26 sticky notes to the back of a door and write a different letter on each one (in random order). Make a “start” line a few feet away from the door and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks. Now instruct them to throw their object to try and hit different letters. Players with more advanced aim and spelling skills can try and hit all the letters in specific words. To make it even tougher, if they miss one of the letters, have them start all over again!).

**Alternatively,** write different point values on each sticky and give your child 10 throws. For each target they hit, mark down the number of points. At the end of the round, tally up to crown a winner (or if playing solo, have them try and beat their previous score). Note: make sure your kids are retrieving their throwing object themselves: running and bending down to pick it up over and over again is all part of the exercise!



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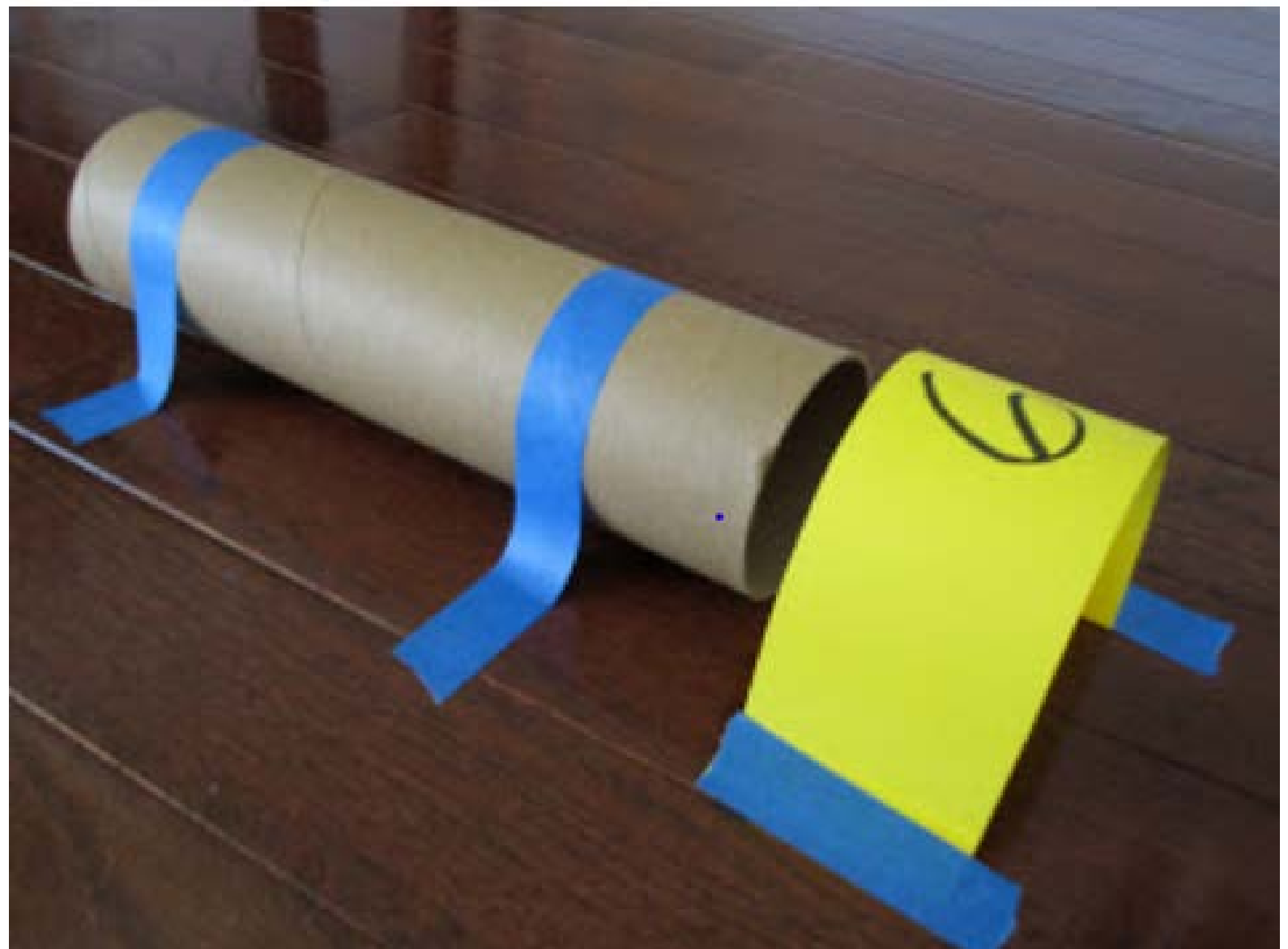


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**Colour Toss:** Tape colored pieces of construction paper to the floor. Create your own point system where you get 1 point if you land a bean bag on any paper, but 5 points if you land on a paper that matches the bean bag color. You can also use these coloured “mats” to instruct your child to do fun tasks such as “bounce like a bunny to green”, “tiptoe to yellow” and “high knees to red”.

**Indoor Croquet:** Make your own indoor croquet course using toilet paper rolls or pieces of construction paper (via Toddler Approved). Amp up the activity by writing active tasks on each “tunnel” that need to be completed once your ball makes it through like “do 15 jumping jacks as fast as you can” or “go run up and down the stairs 2 times”.



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### **Mission Impossible Obstacle**

**Maze:** Using either Crepe Paper or Flag Tape (held in place with Painter’s Tape), create an intricate maze in a hallway for your kids to navigate their bodies through. Put the tape up high and down low, forcing them to step over and crawl under at various points. The only problem with this one is that once you make it, your kids will constantly be begging you to make another!



**Bowling:** Set up your bowling “lane” with some painter’s tape and use plastic bottles or cups for pins. Use any type of ball to bowl, attempting to knock down as many pins as possible. Keep track of the score, or simply aim to knock them all down in one turn. Create a plastic cup pyramid to up the fun-factor even more.



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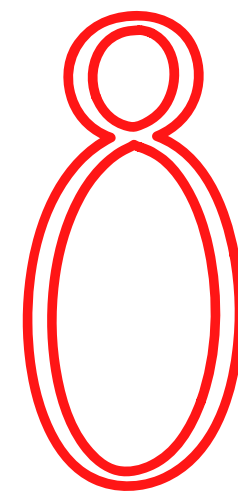
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**Tape Shape Game:** Use tape to put a variety of shapes, letters and/or numbers on your floor. Have your child stand on their favorite one then give them instructions to follow to lead them to their next destination (for example: “bear crawl to the square”, “hop like a Frog to the T”, “Run to the rectangle”).



**Penguin Waddle:** Place a balloon or a squishy ball between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start.



**Walk the line:** Find or draw a line on the ground - either inside or outside. For example: You can draw a line with chalk or lay down a ribbon, tape, rope or anything you have handy or use a crack in the sidewalk or the line between floor boards. Then, encourage your child to show you how they can walk and keep their feet on the line. To make it harder, instruct them to: Straddle the line with one foot on either side and try not touch the line, walk backwards down the line, jump down the line, walk sideways to the right, then to the left, OR help your child draw a curvy line to walk on, help your child draw a line with sharp turns to walk on etc.



**Sensory walking path:** This unique sensory walking path will look different for each person because it utilizes whatever supplies you have on-hand and whatever items you think your kids will most enjoy. Sensory experiences are an important part of child development, but many sensory activities only use the hands. Our feet are just as sensitive as our hands and this activity allows children the experience of learning, exploring, and feeling with their feet. You can do this indoors or out, so decide if you want to create an indoor or outdoor walking path because that will dictate which type of items you collect. Then collect items from around your home that you think your kids would enjoy walking on.





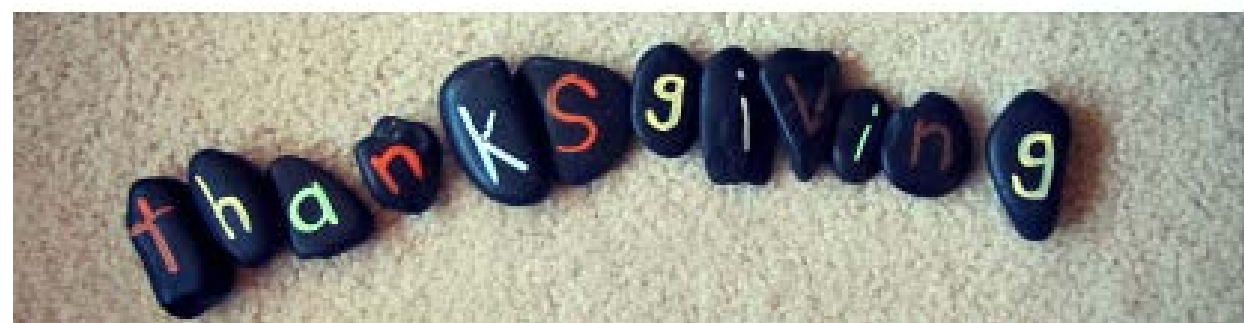
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**Sticky Spider Web:** Use painter's tape to make a web-like design on a doorway opening. Give your kids some newspaper to scrunch up and throw up at the web. Or get creative and use other lightweight objects like balloons. For extra-learning points, have them count how many objects stick versus how many don't.

### Word Scavenger Hunt with spelling

**stones:** Gather your materials: You will need stones with letters drawn on them and places to hide them before your kids start searching. Tell them the word / words you will be spelling and how many stones total they are searching for. This helps sneak in a bit of math. To make it more challenging, hide some stones in spots where your children will have to use more complex gross motor skills (squatting down, going up on tip toes, jumping up, single-leg standing, etc.)



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**Balance Beam:** If you have old boards laying around, or even a lineup of books, these would make the perfect beam for kids to work on their balance.



**Tape Lines:** Make 5-10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line and then give your kids simple instructions:

**Long Jump:** See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.

**Run 'n' Jump:** Now let them take a running start and see if they can jump even further!

**Long Jump Backwards:** Increase the difficulty by performing the tasks jumping backwards.

**Hop:** How far can they jump on one leg?

**Reach 'n' Stretch:** How far can their leg reach with one foot on the "start" line?



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**Exercise Eggs:** Gather your materials. You will need some plastic Easter eggs (any theme will work), some paper, a pen, and scissors. Start by cutting your paper into strips small enough to stuff into the eggs. Write different actions on the paper. If you really want to tire your kids out, go big!

**Here are some ideas for you :**

- 10 jumping jacks.
- Sing the alphabet while skipping around the room.
- March in place for 25 seconds.
- Do a crab walk around the couch.
- Stomp 5 times.
- Touch your toes.
- Jump as high as you can 5 times.
- Sing Head and Shoulders.
- 5 burpees. 5 sit ups.
- Dance like a maniac!



Put your paper instructions in and hide the eggs. Have your kids search for the eggs and do the action once they open.

Check out these websites for more ideas!

[HTTPS://WHATMOMSLOVE.COM/KIDS/ACTIVE-INDOOR-GAMES-ACTIVITIES-FOR-KIDS-TO-BURN-ENERGY/](https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/)

[HTTPS://HANDSONASWEGROW.COM/GROSS-MOTOR-ACTIVITIES-PRESCHOOLERS/](https://handsonaswegrow.com/gross-motor-activities-preschoolers/)

[HTTPS://HANDSONASWEGROW.COM/SENSORY-WALKING-PATH/](https://handsonaswegrow.com/sensory-walking-path/)

[HTTP://MOVINGSMARTBLOG.BLOGSPOT.COM/2011/08/SMART-STEPS-WALK-LINE.HTML](http://movingsmartblog.blogspot.com/2011/08/smart-steps-walk-line.html)

[HTTPS://WWW.NOTIMEFORFLASHCARDS.COM/2014/05/INDOOR-GROSS-MOTOR-ACTIVITIES-KIDS.HTML](https://www.notimeforflashcards.com/2014/05/indoor-gross-motor-activities-kids.html)

[HTTPS://WWW.NOTIMEFORFLASHCARDS.COM/2013/11/WORD-SCAVENGER-HUNT-SPELLING-STONES.HTML](https://www.notimeforflashcards.com/2013/11/word-scamenger-hunt-spelling-stones.html)