

# Gross Motor

## Activities to Help Your Child Grow and Learn

Your child is improving skills using his leg and arm muscles. He is working on making these muscles stronger, more flexible, and more coordinated. He can catch an 8-inch ball, jump about 2 feet, make sharp turns around a corner while running, and avoid obstacles in his path.



### Over the River

When playing outside, place a towel or piece of cloth about 2 feet wide on the grass. This is the "river." Have your child run and jump over the river without "getting wet." At first, you can fold the towel so that the river is not so wide. Then, you can make it bigger. Watch out for alligators!

### Balloon Kick

Let your child kick a balloon from one end of the room to the other. Lay a box on its side for a goal. See if she can kick the balloon into the box.

### Animal Walk

Show your child how to move like different animals. Can he waddle like a duck or walk on all fours like a dog? Encourage him to pretend to be these animals and make noises like them. Play along. Call the cat: "Here, kitty, kitty." Balance on one foot like a pink flamingo.

### Heel-to-Toe Walk

Show your child how to walk heel to toe along a line on the sidewalk or a short length of clothesline on the ground. She can stretch her arms to keep her balance. She can hold an umbrella and pretend she is walking a tightrope in a circus!

### Basketball

Place an empty laundry basket on the floor against a wall. Give your child a soft ball about 4 inches in size. Place a string or piece of tape on the floor for a throw line. Show your child how to throw overhand to get the ball in the basket. Start about 4 feet back from the basket. Move back as your child gets better.

### Chasing Bubbles

Go outside on a nice day to blow bubbles. Ask your child to clap his hands together and pop them. Blow some bubbles high so that your child needs to jump to pop them. Blow some far away so that your child will need to run to pop them. Clap big ones and then clap little ones. When you're done, go wash those soapy hands!

Notes:



**Don't Forget!** Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.