

Keep Things Moving!

Indoor/Outdoor Gross Motor Activities

3 Years-4 Years

Let's Fly! Have your child pretend to be an airplane and run with their arms outstretched. Show them how to lean to the right and left. Encourage them to make some airplane noises. Have them practice taking off and landing!

Free Dance: Use music to help your child practice their dance moves as well as learning to stop their body. Use different tempos to help your child dance to the music.

Basketball: Using a box or laundry basket give your child a medium-size ball to throw overhand into the box or basket. Put the box at different heights or tie a string across the tops of two chair backs with the box on the other side. Show your child how to throw the ball over the ribbon and into the box.

Catch: Starting with a bigger ball practice throwing and catching with your child. Start off close to each other and as they slowly master catching step further apart to keep it challenging.

4 Years-5 Years

Keep the Balloon Up: Blow up a balloon and have your child use their hands to keep the balloon off the ground. Take turns hitting the balloon.

Eye on the Target: Create a target with your child; paint a piece of cardboard and create tennis ball size holes or use tape to make an "X". Have your child practice hitting the target or getting the tennis balls through the holes.

Ribbon or Scarf Dancing: Use a scarf or long ribbon and encourage your child to make different patterns in the air. They can even start to practice making shapes, letters or numbers with the scarf. Add music and different types of movements like skipping, hopping or galloping.