

Gross Motor Week 2 Activities

Below are some suggested gross motor activities that you may incorporate in your home learning. Please read through the options and choose the activities that you think are helpful for your child. Some activities are to guide adults, some for adults and students to do together, some for students to do independently. If you have any questions, please reach out to your child's physical therapist for further guidance.

Activity 1	Dance Party
Materials	A way to play music, open space
Skills Targeted	Balance, coordination, strength, endurance
Instructions:	Play some songs that are fun to dance to. Don't worry about how you look, be silly and have fun. Try moves that involve jumping or hopping, reaching up and then reaching down. Take turns copying each other's dance moves!

Activity 2	Play Red Light/Green Light
Materials	Open space of 10-15 feet
Skills Targeted	Balance, strength
Instructions:	Stand 10 -15 feet in front of your child. Call out green light and have your child walk or wheel their wheelchair forward then call out red light and have them stop and freeze in place. If they move on red light they are out and have to start at the over at the starting line. Keep calling out red light and green light until they reach you. You can take turns with your child with being the caller of red or green light. You can add yellow light to have your child walk slowly. You can also add various movements such as hop on purple or gallop on blue light.

Activity 3	Gross Motor BINGO
Materials	BINGO board (make your own with various movements or print the one provided below)
Skills Targeted	Coordination, Balance, Strength, Flexibility
Instructions:	Using the BINGO board call out a skill on the board for your child to perform. Once they

	perform the skill have them place a marker or an X through the completed skill. Once they get five squares in a row they can yell out "BINGO!"
Modifications:	If the skills in the chart are too hard, ask your child to pick some activities that they like doing and replace the more difficult ones with those. If you have any questions, please reach out to your child's physical therapist for guidance.

B	I	N	G	O
10 jumping jacks	Skip across the room	10 marches	Walk on your heels across the room	10 second plank
10 toe taps	Stand on your right leg for 5 seconds	5 single leg hops on your left leg	1-minute rest	Jog in place
Walk on your toes	Gallop across the room	FREE CHOICE	Stand on your left leg for 5 seconds	Bear Crawl across the room
Hop like a frog across the room	10 arm circles	Take 5 deep breaths	10 shoulder rolls	5 single leg hops on your right leg