

### Gross Motor Activities-Week 3

Below are some suggested 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	Plastic Bottle Bowling
Materials	5-10 empty plastic bottles or cans, soccer/ playground ball/rolled up sock, tape
Skills Targeted	Strength, coordination, balance, object control
Instructions	<ol style="list-style-type: none"> <li>1. Create a home bowling alley in a hallway, or backyard.</li> <li>2. Use tape (or string) to mark where the bottles should go.</li> <li>3. Roll or kick the ball toward the "bottle bowling pins"</li> </ol>
Modification	<p>If your child has trouble balancing, hold their hand to stabilize them or have them sit on the ground and roll the ball to the pins working on their postural control (you may need to sit near them for added support).</p> <p>This activity can be performed with an assistive device (e.g. wheelchair, walker, etc) for additional balance and support.</p>

Activity 2	Popping Bubbles with Body Parts
Materials	Bottle of bubbles, family member(s)
Skills Targeted	Range of motion, gross motor coordination, reviewing knowledge of body parts, balance
Instructions	<ol style="list-style-type: none"> <li>1. Have a family member blow bubbles.</li> <li>2. Family member will challenge student to pop "bubbles" with various body parts (e.g. hands, foot, head, etc)</li> </ol>
Variation(s)	<ol style="list-style-type: none"> <li>1. Try to pop as many "bubbles" as you can with your hands in 1 minute</li> <li>2. Try to pop bubbles while standing on one leg, walking on a line, hopping on one foot, etc.</li> </ol>

Activity 3	Play Red Light/Green Light
Materials	Open space of 10-15 feet
Skills Targeted	Balance, strength, locomotor
Instructions	<p>Stand 10 -15 feet in front of your child. Call out green light and have your child walk forward then call out red light and have them stop and freeze in place. If they move on red light they are out and must start 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.</p>
Modifications	Have your child perform using their assistive device (i.e. wheelchair, walker, etc.)