


Gross Motor Activities for week of 5/26:

Activity	Map it Out
Materials	Painter's tape (especially in different colors) or string, ball
Skills Targeted	Bilateral coordination, visual tracking, crossing midline
Instructions:	<ol style="list-style-type: none"> 1. Place the painter's tape on a wall or mirror in a series of vertical, horizontal, and diagonal lines that make different pathways. It may be helpful to have different colors for your child to differentiate between pathways.  <ol style="list-style-type: none"> 2. Make sure your pathways are at various heights and distances, so your child can work on reaching and lowering themselves to the ground while moving. 3. Have your child place a ball on the wall and follow a pathway. 4. You can call out colors (if you have tape of different colors) for your child to identify and follow.
Modifications	<p>To make this easier, try just one line-horizontal, vertical or diagonal.</p> <p>To make this harder, make the pathways more intricate, longer or have them reach higher or squat down lower to the ground.</p>

Activity	Human Roll Up
Materials	An open space, multiple sheets or blankets (preferably the same size)
Skills Targeted	Core Strengthening
Instructions:	<ol style="list-style-type: none"> 1. Spread a blanket out on the floor. Spread the other blankets out on top of it. 2. Lay down on the top blanket close to the

- edge and grab the corner with your hand.
3. Roll to the opposite end so that you are rolled up in the blanket – make sure your head is not rolled up in the blanket. Grab the corner of the next blanket and roll back the other way.
 4. Repeat until you are rolled up in all of the blankets.
 5. Now repeat to unroll yourself from all of the blankets.


***Make sure your child is supervised performing this activity for safety.





Modifications

- Perform with only one blanket or sheet.
- Have an adult help the child roll over.

Activity	Elbow Basketball
Materials	A ball and a container (box, empty bin, etc.) to put it in
Skills Targeted	Core strengthening, bilateral coordination
Instructions:	<ol style="list-style-type: none">1. You will be crawling on all fours in this activity but instead of having your hands on the floor, place your elbows on the floor.2. Use your elbows to roll the ball towards the basket (container), try and alternate sides.3. Use both elbows to pick up the ball and drop it in the container. 



Modifications

- If this is too difficult you can perform on your hands and knees and use your hands to roll the ball towards the basket.
- You can also make the basket closer or farther away or use a large or a small ball.