


Highlands Elementary School Gross Motor Activities for the week of 6/1

Activity	Work out to the letter sounds!
Materials	Laptop or computer and open space
Skills Targeted	Motor imitation, endurance, coordination
Instructions:	Watch this video and follow the instructions https://youtu.be/gi1dwHp1ppU
Modifications	You can do the activities in seated or standing position, and to make it harder, do all the activities twice in a row!

Activity	Controlled Lowers
Materials	Stuffed animals, balls or toys and a container
Skills Targeted	Core Strengthening
Instructions:	<ol style="list-style-type: none"> 1. Child is lying on their back on the floor with a basket/container at their feet 2. The child lifts legs up together towards the ceiling. Place a stuffed animal between their feet and have them lower their legs and drop the object into the container. Repeat.  <p>https://www.youtube.com/watch?v=6FuZgNb7-cQ</p>
Modifications	<p>To make it more difficult</p> <ul style="list-style-type: none"> • Two Players: Lying on the ground on your backs, knees bent, opposite each other. Pass an object, like a large ball or stuffed animal, back and forth with a partner using your feet only. After you receive the object, bend your knees and take the object with your hands. Touch the floor overhead with the

object, place it back between your feet and pass it back to your partner.

- <https://www.youtube.com/watch?v=kxSVhuOfjAQ>
- Place a pile of stuffed animals at child's feet. The child uses their feet to pick up an object and brings their legs up and then overhead (see image below) to drop object in box.



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To make it easier:

- Have your child lie on their back. Hold an object 6-inches above their feet. Have them lift their feet together to touch the object. Repeat, increasing the distance each time.

Activity	Box stepping
Materials	4-6 various sized empty boxes, pen, duct tape, dice, and paper
Skills Targeted	Balance, strength, coordination, motor planning
Instructions:	Put one number (1-6) inside each box. Tape the boxes together to make one large group. Make sure the open side of the box is up. Cut two small pieces of paper and write: right foot on one piece of paper and left foot on the other piece of paper. Fold the paper and place into a bowl or cup for your child to choose one. Once they choose a piece of paper with the foot they are going to use have them place the paper back into the bowl. Roll the dice and call out the box number for your child to step into. Example: "Right foot in the number 6 box". Roll the dice again and have your child grab a piece of paper for which foot to use.
Modifications	<ul style="list-style-type: none"> • Hold onto your child's hand if balance is needed. • Can use only 1 box and practice stepping in and out. • Can place more boxes for more challenging activity • Place a different color inside the box and call out the color to step into. Example "Right foot in the blue box"