

Taylor County Schools

Gross Motor Activities for Home

No school for children means:

- Less playground time
- Less P.E. time
- Could mean more screen time



Children Need: More Movement, Less Screen Time

- Gross Motor Activities Promote Gains In:
 - Balance
 - Coordination
 - Strength
 - Functional Mobility
 - Spatial Awareness
 - Safety Awareness



BALANCE

Walking on a line:

- Try to have you child walk with one foot right in front of the other (tandem stance)
- Use straight or zig zag lines for more fun
- Make it a game
- Tape or sidewalk chalk



Standing on 1 foot

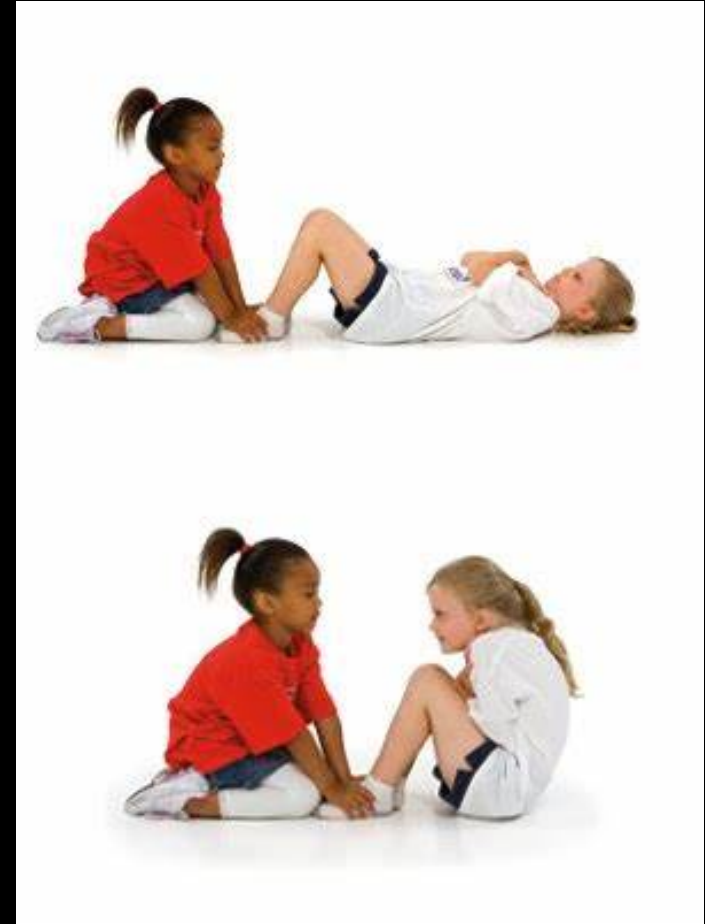
- Goal should be 10 seconds
- Perform on both legs
- Start with arms out (easier)
- Then progress to hands on hips (harder)
- Make it a competition to see who can maintain the longest



STRENGTH

Core: Sit ups

- Knees should be bent
- Feet flat on the floor
- Your child may need a little help to perform
- Try doing 2 sets of 10 repetitions



Core: bridging

- Lay on a firm surface
- Knees bent
- Feet flat on floor
- Hands beside trunk, palms on floor
- Raise buttocks up as high as you can
- Make this harder by trying these other alterations
 - Hands across chest
 - Straightening one knee with buttocks in air



Leg strength: try walking down hall/across home

- Crab walk
- Walking on heels “penguin”
- Walking on tip toes
- High marching



Make it a game, have fun!!!

Leg strength: wall sits

- Make it a competition
- Back must stay against wall
- Walk feet out away from wall
- Hands up or out, no on wall
- Slide down to near 90 degrees (no further, that's cheating)
- Hold as long as you can, goal 30 seconds for kids



Coordination

Hand-eye coordination:

- Play catch with various sized balls
 - Focus on using only hands to catch instead of trunk
- Bounce-catch using a tennis ball
 - Who can catch more before you drop it?



Eye-Foot coordination:

- Play a game of soccer, kickball or simply kick back and forth
- Work on moving left or right to kick the ball
- Work on chasing the ball, kick before ball stops
- Do not touch the ball to stop it before kicking



Other coordination activities:

- Jumping Jacks
- Hopscotch
- Skipping
- Galloping
- Jump rope



All of these activities allow:

- You and your child to spend time together
- Improve their motor skills
- Give them a brain break from schoolwork

