

GROSS MOTOR ACTIVITIES TO HELP PREPARE YOUR CHILD FOR KINDERGARTEN

1. STAIRCLIMBING ALTERNATING FEET USING THE RAILING FOR SUPPORT

Have your child go up and down a flight of steps switching their feet using one hand on the railing for support.

2. Hopping on 1 foot:

Have your child hop in place on 1 foot.

As an alternative have your child practice playing hopscotch making sure to switch between their right and left foot.



3. March in place touching hand/elbow to opposite knee

Have your child march in place either bringing hand or elbow to opposite knee.



4. Throwing a tennis ball both overhand and underhand using opposite arm and leg movements

Have your child throw a tennis ball forward both overhand and underhand stepping with the opposite foot. Have them point to the target with the opposite hand before throwing.

