



## School Age Gross and Fine Motor Activities

### Let's Dance (Kindergarten - 3<sup>rd</sup> grade)

Children can dance to act out a song. Students can be as creative as you let them. This can also include pairs or groups to create a dance routine to share with the class.

### Obstacle Course (Kindergarten - 6<sup>th</sup> grade)

These can be adventurous because of the number of the obstacles in the way and the possibility of putting "traps" the children need to avoid. Different items can be used like cones and a pole to use for jumping over. Hula Hoops and jump ropes can also be used. Any items that are played with can be used to create an obstacle course. Be creative and let your students help you come up with ideas.

### Scavenger Hunt (Kindergarten - 6<sup>th</sup> grade)

Come up with a fun list that students can look for. Toys, candy, or pictures are things that students can find during the scavenger hunt. Plan the route that students will take. Then come up with the clues to help the students find the things on their list. Feel free to get creative with riddles, poems, or puzzles that will reveal the locations. Once the clues are written down you can hide them around your pre-planned route. Make sure you set out rules. Create teams with younger and older students.

### Hopscotch (Kindergarten - 2<sup>nd</sup> grade)

Create a Hopscotch pattern using 1 to 2 box patterns going from top to bottom. You can also change up the pattern to make it more challenging for the students. Hopping and jumping requires strong gross motor skills, balance, and coordination.

### Freeze Dance (Kindergarten - 6<sup>th</sup> grade)

Choose different songs for the students to dance to. When the song ends students have to freeze in different dance poses. Then when the song starts again, students can start their dancing again. This helps kids develop balance, coordination, and motor sequencing skills. It also helps build your student's awareness of rhythm.

### Bubble Play (Kindergarten - 2<sup>nd</sup> grade)

Kids can chase bubbles and try to pop as many as possible. While chasing them, students' can run, jump, zigzag, and move ways that require sudden shifts in balance and weight.

### Have fun with painter's tape (Kindergarten - 6<sup>th</sup> grade)

Painter's tape is really easy to use, it goes on and off really easily. This tape can be used on carpet or a flat surface. There is so much that you can do with it! For example, put it on the floor like a ladder, then see how many rungs the students can jump to, can they jump farther with a running start.

### Copy Me (Kindergarten - 6<sup>th</sup> grade)

This is where the students can get their workout in for the day. Simply do a series of exercises or silly actions, and have your students copy you. You can jump like a kangaroo or scratch like a monkey, and run in place, or whatever it takes to get your students heart rate up.

### Do Alphabet Yoga (Kindergarten - 6<sup>th</sup> grade)

You can use towels or nap mats for this activity. Pull them out and challenge your students to do a yoga pose for the different letters of the alphabet. For example: A – Airplane (hold still and move arms to the



side), B – Bicycle (lie on your back and pedal your feet), C – Cat pose (get on all fours; then round your back while tucking in your chin; release.)

### **Use Balloons (Kindergarten - 3<sup>rd</sup> grade)**

Blow up enough balloons for each of your learners (plus extras, because you know you'll need them after the inevitable popping). Have them put a balloon between their knees and walk like a penguin. Or they can toss the balloon and catch it so that it never hits the floor. Can they balance the balloon on a part of their body (like an outstretched arm) and walk a few steps – or across the room?

### **The Guess-What-I-Am Nature Home-style Scavenger Hunt**

This activity can be completed at home, in your yard, your neighborhood, or local park with teams or individuals. Create a list of clues or characteristics of various items you may find indoors or outdoors. Use a bucket to collect the items which best match the clues or listed characteristics. Some ideas for clues- Any or all of the following items: something round, flat, smooth, lumpy, pointy, slimy, fuzzy, fluttery, sticky, or squishy. Find opposites (big, small; wet, dry) or three sizes of a single item.

### **The I-Never-Noticed-This-Before Neighborhood Challenge**

You can have fun with this scavenger hunt anywhere including up one neighborhood block and down another; or a ball field, a schoolyard, a park, or another safe and familiar environment. Use photographs to document proof of findings. Search for the following and additional items: A street address with the number 7; an intersection with 4 stop signs; houses with 3 stories; a residential knockdown; a deer crossing; a house with a gate; property with no houses; windows without panes; doors without windows; an asphalt driveway; a red car; a blue truck; a mail carrier; an elderly person; a baby; a chain-link fence; a bug; a bee; a bird; a dog on a leash; a stray cat etc.... Have a sweet treat when hunt is done.

### **Painter's Tape**

[Painter's tape](#) is one of the best inventions ever. It goes on (and comes off) easily – whether you've got a smooth floor or a carpeted one (but be sure to test it first just to be sure). And there's so much you can do with it! Put it on the floor like a ladder. Then have students see how many rungs they can jump. Can they jump farther with a running start?