



Preschool Age Gross Motor Activities

Sock Toss

When sorting laundry, have child 'toss' socks into laundry basket, move basket closer or farther away from child depending on child's skill level. If there are other children in your home, have each child practice taking turns. Have child count the amount of socks they make into the basket and/or assign a point value to each toss, higher points for farther away baskets/lower points for closer tosses, help child keep track of their 'points'

Move like an animal

This activity will require an open space, best to play outside in nice weather or in an open area in your home that is open. Talk to your child about different animals and how every animal moves differently and is unique; demonstrate to child some animal movements.

Move like a bird (run with arms outstretched)

Move like a snake (wiggle on tummies on the floor)

Move like a bear (walk on all fours)

Move like a frog (get down on haunches and hop)

Move like a kangaroo (take big leaps with arms in front of chest)

Move like an elephant (with heavy stomping)

Move like a penguin (waddle with ankles close together and arms pinned to sides)

Create a wiggle jar

Print action cards or hand write them on pieces of paper and place them in jar (a basket, empty clean plastic food container will also work!). When your kiddo need a movement break, pull a few cards for everyone to do. Here are some ideas for a preschool wiggle jar:

Jog in place while you sing the alphabet

Touch the 'sky' (reach towards the ceiling or sky if you're outside) and then your feet five times in a row. Pretend you're playing the drums, guitar or other musical instrument while listening to music. Fly around the room like a bird, walk like a dinosaur, and roll like a snake

Learning scavenger hunt

Write things your child is learning on sticky notes (or write on pieces of paper and fold in half so it is standing up and visible to child, or tape small piece of paper to furniture that will not be damaged from tape) – they may be letters (capital and lower case letters), numbers (start from 0-10 and add more depending on child's level), shapes, sight words, etc. Put the sticky notes in various places around the room (some hidden and some obvious), and see how many your learners can find and identify. Ask child "Can you find the letter A?" have child search room for the "hidden" letter A. Depending on your child you can make the hunt more difficult (draw a triangle, color it orange but also have a blue, green and red triangle)

Exercise Stations

Make up exercise directions on individual sheets of paper. Post them at different places in the house (e.g. Jog in place for 1 minute). Do 10 jumping jacks. Make windmill motions with your arms 10 times. Touch your toes 10 times. You may need to draw a picture of each action. Have your child travel from station to station

Action for Children



Hula Hoop Hop

Use a hula hoop placed on the floor to demonstrate inside, outside, beside in the middle. Ask your child to show to demonstrate the meaning of the word you say. Have them give you directions and repeat. You can also add variations to the directions. For example: Hop outside the hoop.

Parachute (works with several children)

Use a sheet or round table cloth. Have at least 4 people holding opposite sides of the cloth Place a stuffed animal in the middle. Have children shake the cloth until the object pops off. You can also do variations such as raising the cloth up and down.

Outdoor Obstacle Course for Kids

Using 3 hula hoops, 4 pool noodles*, 2 buckets, 5 small balls (numbers of items are not important, use what you have) Create an obstacle course by placing, hoops, and buckets on the ground. Place balls in one bucket

*Pool noodles can be used to construct tunnels by placing a pen in the ground and placing the hole on the end of the noodle over the pen. Create an arch. Place another pen in the ground at the other end of the arch and place the other end of the pool noodle over it.

Scarf Dancing

Give your child a scarf, put on music, and encourage them to dance in front of a reflective window or mirror as they wave the scarf in their hand or hands.