



# Gross Motor Movements!

## Jumping Jacks!

- First, stand like the number one – straight with your arms at your sides.
- Next, jump up! Make your body like a STAR with your arms and legs apart.
- Do 10. Do 20. Count by 2's and 5's. Listen to music and jump in a rhythm!

## Switches!

- Place one foot forward.
- Place the same arm straight in front.
- Bend your knees and SWITCH! Now, the opposite arm and leg are forward.
- Do switches moving slowly forward!

## Jumping Games!

- Over the Snake: Jump forward over tape on the floor. Don't land on it! Try jumping sideways. Try hopping now.
- Blast-Off: Jump up as high as you can! Jump forward as far as you can!
- Pretend Trampoline: Imagine you are on a trampoline. Jump up high!
- Jumping Bean: Hop five times on one foot then five times on the other foot! Can you do this for 20 seconds? 30?



## Lunges!

- Place feet together with your hands on your hips or hands at your sides.
- Take a giant step forward. Bend low.
- Now, step forward with the other foot.
- Bend low again. Move slowly/quickly.
- Pretend you are a lion or a bear!

## Push-Ups!

- Lie on your tummy with your hands by your shoulders. Raise your head.
- Push up from your knees.
- Take turns with a friend or parent.
- Try push-ups from your feet!

## Galloping Games!

- Different Animals: Take turns galloping and pretending you are a different animal every time! Be a horse, a mule, a donkey, a zebra, a pony, a cow, a dog.
- Fly: Now, pretend you are flying. Gallop about and pretend you are a bird. Flap your arms up and down. Circle about!
- Slow Motion: Gallop in slow motion. Now, switch legs so your other leg is leading. Which leg forward is better?

## Skiping Games!

- How can you teach a child to skip? Say the words: "Step-Hop! Step-Hop! Step-Hop!" Practice this sequence.
- Skip High – Skip Low: Bring your knees up each step and skip high. Drop closer to the ground and skip low. Which way looks happy? Which way looks sad?
- Rhythm Skip: Skip next to a friend, sibling, or parent. Try to keep the same rhythm. Go faster. Go slower. Stop!