



# Gross Motor

Activities to Help Your Child Grow and Learn



Your child is now more coordinated and will run, climb, swing, and balance with more confidence. He can jump, dance, and balance on one foot for longer than 1 second. He can walk heel to toe and begin to do forward somersaults. He may have the skills to pump on a swing.

**Follow the Leader** When playing in the house, outside, or at the park, have your child follow you through an obstacle course. Activities might include over the cooler, around the blanket, hopping across the grass, walking backward, or sliding down a slide. When you finish, let her take a turn leading you through an obstacle course.

**Catch** This is a good age to start to play catch with your child. Use a fairly big ball, preferably one that is soft so it won't hurt if he fails to catch it. Start by tossing the ball to him from a close distance, then move back so that he is practicing catching from 5 or 6 feet away.

**Freeze Game** Play a little music, and move around with your child or several children. When you turn off the music, everyone is supposed to stop moving and "freeze" in a stiff position. Encourage your child to freeze in many different positions (e.g., on one foot, bent over, on tip toe). Say, "melt" and everyone can move again.

**Ring Toss** Cut out the centers of plastic lids from coffee cans or other large cans to make large rings. Have your child toss the rings either onto a small post (made from a paper towel roll taped to a piece of cardboard) or a stick in the ground if you are playing outside. Your child might also aim for a box placed a few feet from her.

**Jumping** When your child can jump and land with two feet at the same time, show him how to jump over something with height. Start with a book or blocks. See if your child can still keep two feet together.

**Toddler T-Ball** Use an empty round ice cream carton, an oatmeal box, or any other round container as the stand for a medium-size ball or balloon. Let your child swing a small plastic bat or a cardboard roll from paper towels, aluminum foil, or gift wrap. This t-ball game is a lot of outdoor fun. Make up the rules. Have as many turns as your child wants. When your batter hits the ball, have her run into Daddy's arms!



42-48 months