



Gross Motor

Activities to Help Your Child Grow and Learn



Your child is continuing to develop and refine her gross motor skills. She can ride a tricycle, weaving in and out of obstacles and stopping and turning with skill. She can kick a ball if you roll it into her path. She is learning to run and change direction without stopping and is learning how to somersault and gallop. She can keep herself going on a swing by pumping her legs back and forth and can throw a ball overhand about 10 feet.

- Air Balloon** Play this game with your child and maybe one or two other friends. Keep a balloon in the air by tapping it once to send it up into the air. As it comes down, it's someone else's turn to tap it up once. See how long you can keep the balloon from falling to the ground.
- Target Practice** Cut a few 8- to 9-inch holes out of a big piece of cardboard to make a target. Your child can decorate the target with paints. Prop the cardboard up, and let your child try to throw a tennis ball through the holes. Start by letting your child stand very close to the target, and then let him move back a few feet. Let him try throwing underhand and overhand. You can also pin a target on a tree or tape an X on a wall or fence.
- Ball Games** Your child is ready to practice ball skills. Some games can be changed a little to make them easier. For example, a small trash can on a chair could be a hoop for a basketball. Use a big ball and show your child how to dribble and shoot to make a basket. Play soccer by using any two objects for goals and kicking the ball to get a goal.
- Scarf Dancing** This is a great activity for a rainy day. Just turn on the radio, and your child can dance to the music. If you have scarves (or dishtowels), she can hold these in her hands while she dances. Try different kinds of music, such as rock and roll or whatever music your family enjoys. Encourage your child to listen and move to the rhythm.
- Circle Catch** It's fun to play catch with your child and a few friends. Use a ball about the size of a beach ball or slightly smaller. Show the children how to hold out their arms to get ready for the ball. Stand in a circle and throw the ball to each other. Get ready. Now catch!
- Playground Time** Bring your child to a neighborhood playground as often as possible. He will enjoy climbing, running, swinging, sliding, and learning new skills. Keep a close watch. He can be very daring!