

Gross Motor Activities

These are some activities to strength small hand muscles. Please keep these activities fun and integrate them into your daily routine.

- Climb to the top of a climbing frame
- Take giant footsteps
- Play throw and catch with a friend
- Build an obstacle course
- Hop, skip and jump through a hula hoop
- Push off then balance on a scooter
- Pretend to leap like a frog
- Draw a hopscotch and play with a friend
- See how many jumps you can do before the timer finishes
- Move in different ways
- Balance on one leg
- Make the tallest shape you can
- Build a den
- Throw a ball/bean bag through a hoop
- Bounce a ball and catch it
- Steer your bike around cones or obstacles
- Draw patterns on the floor using chalk
- Throw balls or bean bags into a basket
- Play “it”
- Use masking tape to create different patterns to move across
- Use balloons
- Play simple says
- Dance – use Just Dance on YouTube
- Yoga – use Cosmic Yoga on YouTube
- Paper plate skating
- See how far you can jump
- Have a race with your friend
- Play Frisbee
- Bounce on a trampoline
- Play basketball
- Go to the park – use the swings and slides
- Climb trees
- Pop bubbles
- Have a wheel barrow race