



OUTSIDE IDEAS FOR IMPROVING GROSS MOTOR SKILLS

Running	<ul style="list-style-type: none"> • See how many times you can run from one object to another in 30 seconds • Make this fun by filling up a bucket with a small container in shuttle rund
Obstacle courses	<ul style="list-style-type: none"> • Find objects to go over, under, around, climb, balance on etc
Skipping rope	<ul style="list-style-type: none"> • Walk along a straight line, wiggly line etc • Long jump- measure how far you can jump • Jump over a still, low height • Jump over a wiggly snake, sea shells, rope turned by others • Jump over your own skipping rope • Lay the rope on the floor and jump forwards and backwards over it • Do the same side to side • Go under a rope being help by others without touching it • Play tug of war
Animal walks	<ul style="list-style-type: none"> • Bunny hops, bear walking (hands and feet), crab walks, snake etc
Stepping stones	<ul style="list-style-type: none"> • Use hoops, carpet squares etc
Playground equipment	<ul style="list-style-type: none"> • Hanging on monkey bars, climbing up ladders, sliding down slides, swinging on swings etc • Visit parks, activity centres etc
Trampoline	<ul style="list-style-type: none"> • Develop skills, start with practicing jumping and landing in the middle, then get creative with your jumps • Develop sequences of jumps- seat drop, stand, front drop, stand etc
Ball games	<ul style="list-style-type: none"> • Basket ball skills, shooting hoops (start by throwing a ball into the centre of a hoop on the floor then start making it higher) • Football skills • Target skills- skittles, catching, throwing, bowls • Use different balls, Frisbees etc
Water play	<ul style="list-style-type: none"> • Encourage big arm movement, e.g. paint an outside wall with water, help wash the car, brush the garden path with water etc • Creative play, water fights!
Sand play	<ul style="list-style-type: none"> • Patterns and letters in the sand, sand castles, burying and finding things
Beach games	<ul style="list-style-type: none"> • Ball games, e.g. cricket, football, volleyball • Target games, hoopla etc • Walking and running on sand, up sand dunes
Make dens	<ul style="list-style-type: none"> • Inside and out
Scooters, bikes, roller boots/blades	
Gymnastics	<ul style="list-style-type: none"> • Wheelbarrows, hand stands, cartwheels, log rolls, forwards rolls etc