

Gross Motor Activities

Activity: Obstacle Course and Fort

Materials Needed:

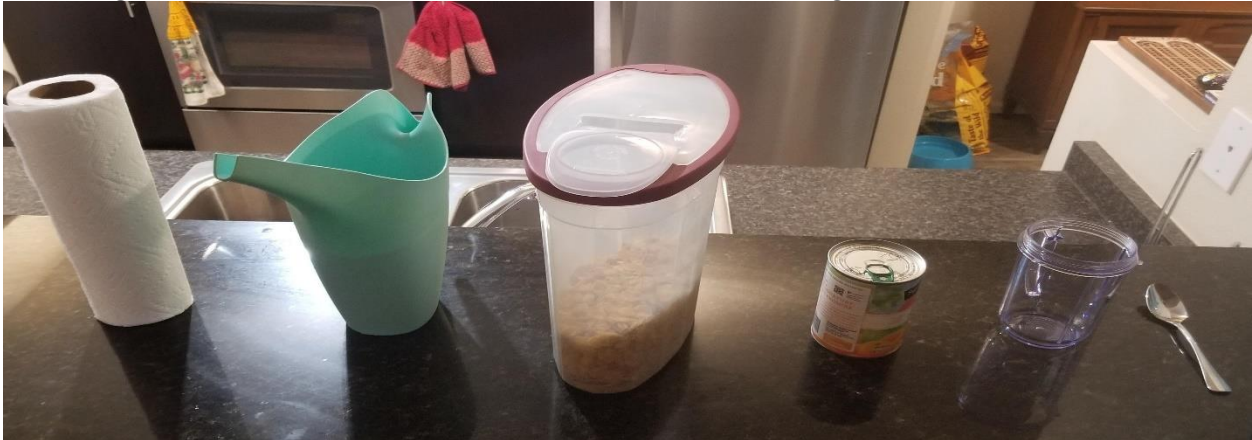
- Household goods
- Tape
- Blankets
- Imagination

Learning Targets:

- I can move my body in different ways by running or moving around obstacles.
- I can move up and down stairs using alternate feet
- I can walk/crawl/role in a straight line
- I can jump 12 inches
- I can create a structure using household objects

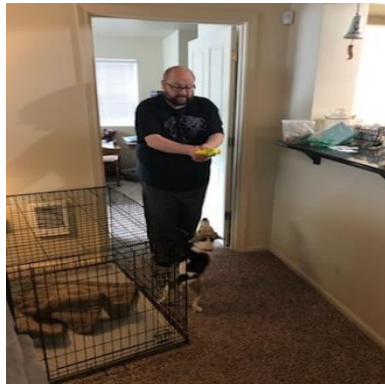
Instructions: Obstacle Course

- Find common household objects to use for balancing, holding, picking up, tossing or for using as cones. Tape is also useful to help with lining out the course.



- Create a route (things to jump over, crawl under, balance on, walk around, etc.) through your home that has challenges best suited for your student while also being fun. If mobility is an issue you can make the course wheelchair, walker or crawling only accessible. Every student can participate in this activity.
- Layout course with items. Work together with your student to make this happen.
- Explain goals of course. Model each section.
- Have Fun!

Examples:



Instruction: Fort

Note – this could be at the end of the obstacle course. “They are trying to get to their lair” or so on.

- Find materials (blankets, tables, chairs, string/yarn, etc.)
- Design support structure. Great engineering project for you and your student to work on together.



- Add outside coverings or wall



- Decorate inside using pillows, toys, lantern/flashlight, and snacks
- Enjoy creating an imaginary hide away.



Final Thoughts:

If it is a nice day and you have the space, take these activities outside. Instead of building a fort, put together a tent if you have one. Do a sleep out in the fort or tent, camping style. If you have older students have them help in the creation of the course or make theirs even more challenging. Just have fun creating and using your imaginations.

Activity: Making Capital letters with your body

Materials needed:

A list of the capital letters
Your bodies

Learning Targets:

I can show I know my letters by making or copying a capital letter with my body
I can recognize capital letters
I can work together with others to create the letter
I can move my body in different ways to create a letter

Directions:

--1 person:

Choose a letter

Figure out how to remake the letter with your body (alternative: hands and fingers)

Try and see if you can make the letter the way you thought, if not come up with a different idea and try again

--2 or more people:

Choose a letter

Discuss how to recreate the letter with your bodies and/or hands and fingers

Assign people to the different parts of the letter

Try out the way you discussed, if it didn't work, figure out a different way and try again

--More challenging:

Have an adult tell you a letter to make, without showing the letter

Figure out how to recreate the structure of the letter (either by yourself or with a partner)

Make the letter and see if you made the right one

--Make it into a game:

Put the individual letters in a hat/bowl

Draw one at random and DON'T show anyone

Either figure out how to make the letter by yourself or Discuss quietly with your partner(s) how to make the letter

Make the letter and see if others can guess what letter you made correctly

Visuals:



Activity: Spreading Kindness for All to See

Materials needed:

Paper
Markers, crayons, pencils, pens, or paint
Tape (to hang the drawing)

Learning Targets:

- * I can draw pictures by making shapes and/or marks on paper.
- * I can draw using drawing and writing tools with my whole hand or by using a tripod grasp.
- * I can use my pictures, writing or words to show support to others.

Directions:

For this activity students will design a picture using any type of art materials and then display the picture on a door or in a window for others to enjoy. With help from an adult or older sibling, student may add some words of encouragement or affirmations for others to read.

Differentiation:

If necessary, you can practice hand over hand practice by holding your students' hand under yours and assisting with movements and gripping.
Tell about what you want you would draw or write for others to see.
Show by pointing to things you want to show to others to make them feel happy.

Added Challenge:

Write your name on your work when you are done.
Draw a picture of yourself or your family

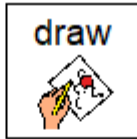
Ready Rosie:









<https://app.readyrosie.com/en/videos/30>












<https://app.readyrosie.com/en/videos/122>

Examples:**Visuals:**

I can draw



line down 	line across 	triangle 	circle 
square 	rectangle 	face 	Mat Man 

Aa 	Bb 	Cc 	Dd 	Ee 
Ff 	Gg 	Hh 	Ii 	Jj 
Kk 	Ll 	Mm 	Nn 	Oo 
Pp 	Qq 	Rr 	Ss 	Tt 
Uu 	Vv 	Ww 	Xx 	Yy 
Zz 	Alphabet Chart <small>HOPE OF HORIZONS</small>			

Activity: Nature Walk/Scavenger Hunt

Materials needed:

Your body

Place to walk

Learning Targets:

I can use my observation skills by taking a walk and notice animals and objects in nature.

I can identify a variety of items in nature using my words, pictures or signs.

Instructions:

- Look at the checklist and talk about what items you are looking for, or make your own list of items you want to find
- Go on a walk around your home
- Collect items during the walk that are of interest to your child
- Ask questions about the items they find. "Is it soft/hard/smooth/rough/wet/dry?"

Changing it for your child:

- On the walk or when you get home, draw a picture about items that you found but can't talk home (example: animals, clouds, etc.)
- Sort, count or match the items you found
- Try to make a picture with you items.
 - Can you make MAT MAN?
 - Can you make a building or trees?

Visuals:

Nature Walk			
Look for each object, circle yes if you find it or no if you don't.			
	tree		butterfly
	yes no		yes no
	flower		worm
	yes no		yes no
	tracks		bird
	yes no		yes no
	bee		leaf
	yes no		yes no
	acorn		web
	yes no		yes no
	spider		squirrel
	yes no		yes no

