

Gross Motor Fun

- **Practice Sports!**
 - Soccer, basketball, baseball, football... you name it!
- **Daily Exercise Routine**
 - This daily routine can include: push ups, planks, sit ups, pull ups, jump rope, burpees, jumping jacks, running in place, etc!
- **Olympic Hot Spot Challenge**
 - Clear out some space and create "hot spot" stations with different activities for fun and variety. The idea is to get the children moving from one station to the next every 30-45 seconds. Here are some station ideas:
 - Push-ups (against the wall, on their knees, or full push-ups).
 - Sit-ups.
 - Jump rope.
 - Step-ups (either with a "step" or up and down the stairs).
 - Circle jumps (small rings or hula hoops or tape marks).
 - Jumping jacks.
 - Squats.
 - Balance on one leg.
 - Ball toss (with a partner).
- **Obstacle courses**
 - The options are limitless! Be creative and add multiple steps! This can be created indoors or outside! It is a wonderful way to use some childhood energy and work on gross motor skill development! [Need inspiration? Check out this post of Fatherly!](#)
- **Ride a bike**
 - Make a loop or track in your driveway, sidewalk chalk is awesome for this! You can also set up cones (recycled cans/plastic bottles/etc) for a skill course!
 - Maybe you have space in the backyard for a dirt track! [Here's an article from Popular Mechanics that may be inspiring!](#)
- **Yogi Says**
 - Fun imitation game of yoga poses! Make up your own, or print up some cards! [Here's a link for a free set from Teachers Pay Teachers!](#)
 - Want more about kids yoga? [Check out this post from Yoga Journal.](#)
- **Go Noodle (click here for link!)**
 - Hundreds of fun online movement activities... you can take a break or maybe you'd like to join in?!
- **Have fun with painter's tape**
 - Painter's tape is one of the best inventions ever. It goes on (and comes off) easily. There's so much you can do with it! Put it on the floor like a ladder. Then have students see how many rungs they can jump. Can they jump farther with a running start?
 - See how many rungs they can stretch – or how far they can go on one foot. Need more ideas? [Check out this post at Hands on As We Grow.](#)
- **Go for a run/hike/walk!**
 - The outdoors is still open! Just stay a safe distance from others :)