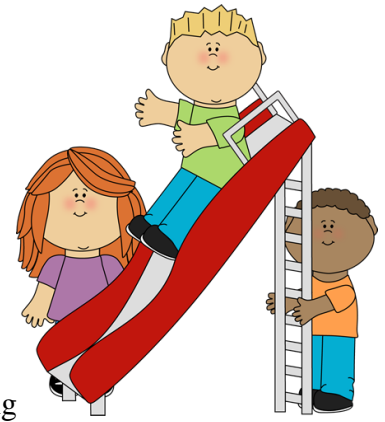


Gross Motor Activities for Home

From Debbie Elrod, OTR/L, occupational therapist

As with all activities, child safety is of the utmost importance. Adult supervision is required to practice these skills. Be sure the practice area is safe and clear from obstacles so if the child loses his/her balance and falls, the child will not get injured.



Balance:

Standing on one foot for 3-6 seconds with his hands on his hips (try standing on both the left and right foot)

Walking on a balance beam, railroad tie or 2 x 4" piece of wood with alternating feet with hands on hips

Standing on tiptoes with arms over head without feet moving

Locomotion:

Walking up and down stairs with alternating feet (one foot on each step) without rail support

Hopping on one foot 4-6 steps; (try hopping on both the left and right foot)

Pedaling and steering a tricycle; wear a bike helmet for safety

Jumping over small obstacles (example: 2" hurdle) with both feet together without falling

Broad jumping forward using a 2-footed take off and landing

Walking backwards

Galloping

Skipping

Jumping straight up with both feet off the floor

Riding a scooter; wear a bike helmet for safety



Ball Skills:

Catching a playground ball with arms slightly flexed or hands only; encourage the child to try to catch the ball with his hands only like a basketball player

Throwing a ball to a partner

Throwing a ball underhand to a target from 5 feet

Throwing a ball overhand to a target from 5 feet

Throwing a ball overhand to a target from 12 feet

Catching a bean bag with hands only

Catching a tennis ball with hands only

Kicking a ball forward without losing balance



Other ideas:

Making an obstacle course with tables, chairs, tunnels, tents etc.

Rolling on the floor or rolling up in a blanket and then unrolling

Jumping on a trampoline

Playing on a playground (swinging, climbing, sliding, spinning)

