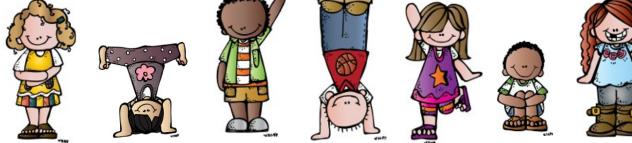
Gross Motor Printable List



These printables are provided *FREE* of charge. Please do share my printables. But please remember that all of my printables are for personal use. You cannot claim these printables or sell them as your own. All the printables and pictures are the property of 3 Dinosaurs.

Please DO

Download the files to your computers and print them off for personal use. Direct people to the blog or site when sharing with others. Give proper credit back to 3 Dinosaurs when blogging about our files.

Please Do Not

Link directly to the pdf file. Alter my files in any way. Store them on your website in any format. Seek to use these to drive traffic to your site or sell them in any way. Print off and sell them to others.

Please remember this is about being Honest.

I reserve the right to change this policy at any time.

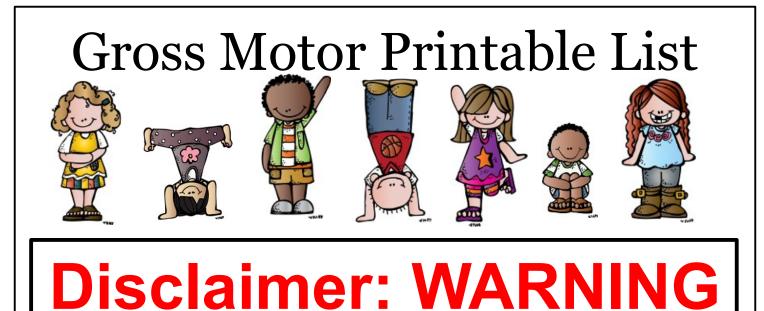
Please read the <u>Terms of Use</u>. If you have any questions please let me know.

Thanks! 3Dinosaurs.com





Graphics: Purchased from Melonheadz Illustrations



- The activities in these printables are to be done under adult supervision.
- These printables are only ideas and not a replacement for a Physical Education program.
- Please only do activities at your child's current physical activity level. You know your child's activity level best.
- 3 Dinosaurs is not responsible for any injuries that may occur while using these ideas.

Thanks! 3Dinosaurs.com



| Image: series of the series |
|---|
| Coordination Movements |
| Alternating on Stairs |
| Tapping Foot on top of Ball – alternating feet |
| Draw Circles with legs or arms |
| Wheel barrow |
| Balance Beam |
| Touching Feet |
| Wind Mill (Opposite hand to Opposite Foot) |
| Twisting at Waist |
| Arms in |
| Arms out |
| Hula Hoop |
| Pushing Ball around with Body parts |
| Elbow Head |
| Knee Arms |
| |

| Classic Games & Movements |
|---|
| Tug of War or Pulling |
| Red Light Green Light |
| Animal Movements or other movement variations |
| Obstacle Course |
| Tag |
| Simon Says |
| Red Rover, Red Rover |
| Mother May I |
| Relay Games |
| Charades |
| Follow the Leader |
| Ring Around the Rosie |
| Tag |
| |

| Dance & Music Movements |
|---------------------------------|
| Dance |
| Fast |
| Slow |
| Silly |
| In a Circle |
| Around a Square |
| In place |
| Holding Hands |
| Freeze |
| Dance with Ribbons or streamers |
| Dance with Animal Movements |
| Hookie Pookie |
| Chicken Dance |
| |

| ł | |
|---|---|
| | |
| | Jumping & Hopping Movements |
| C | Jump Rope |
| [| Chinese Jump Rope |
| | Hopscotch |
| | Number |
| | ABCs |
| | Words |
| | Shapes |
| C | Jump |
| | Forward |
| | Backward |
| | Sideways |
| | Legs apart or together |
| | Jump counting – See how many times you can jump |
| | Roll a die and jump that many times |
| | Jumping Jacks (Stick & X) Created by Cassie @ 3Dinosaurs.com |

| Jump | oing & Ho | opping M | [ovemen | ts |
|--|---|----------|-----------|----|
| □ Ba □ Sic □ Le □ 1 le □ 2 le □ Hop & | orward ackward de to side gs apart or toge eg – alternate leg | gs | iny times | |

| V | Valking & Marching Movements |
|---|--|
| | Walking Outside In place |
| | On spots (rubber spots or plates work) Straight Leg (no bending knees) |
| | Marching Straight arms & Legs Matching opposite legs & arms |
| | Matching same legs & arms Walking on Tape lines (yarn or other types of lines) |
| | ABCs Shapes |
| | Straight Curved |
| | Zig Zag |

| Pretend N | Iovements |
|--|--|
| Sports – acting out the model Swimming Rope Climbing Mountain Climbing Fishing Skiing Basketball Flower – Grows up from the Snowman – Slowly melts Book Gross Motor – use and Weather Weather Rain | Track & Field Football Badminton Rowing Baseball Tennis |
| Snow Hurricane | Hail Tornado |

| | | | entire and a second secon | |
|---|--|------------------------------------|--|---|
| A | Animal | & Insec | t Move | ements |
| | Animal Walkin Bear Bear Frog Kangaroo Kangaroo Kangaroo Nonkey Insect Movem Bee Beterfly Crab Soccer Dance Like Ar | Cat of Birds Birds Seal Seal Giraf | nant | Ostrich Crocodile Snake Crab |
| | Donkey Kicks Froggy Toy Pi Do animal mo | vements from z | | ou read ie @ 3Dinosaurs.com |

| Kicking Movements |
|--|
| Kick (alternating legs) Right leg Left leg Front Back With streams on ankles Kicking objects (alternating legs) Paper Rolls Balls or different sizes Streamers hung from ceiling Kicking at different heights High Low |
| Greated by Cassie @ 3Dinosaurs com |

| Throwing or Tossing Movements |
|--------------------------------------|
| Things to Toss or Throw |
| Bean Bags |
| Pom Poms (small or mad with yarn) |
| Rings |
| Balls (several sizes and types) |
| Stuffed Animals |
| Where to Toss or Throw |
| Hopscotch |
| Bucket |
| Ring |
| Letters or Words |
| Hula Hoop |
| Toss Down Ball & Count Bounces |
| |
| |

| Rolling & Running Movements |
|--|
| Log Rolling Rocking back and forth Forward Roll (only if kids has the skills) On back roll side to side |
| Running In place From one point to another Roll and run that many second |
| |
| Created by Cassie @ 3Dinosaurs.com |