

# Gross Motor Printable List



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## Disclaimer: WARNING

- 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.
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# 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





# Jumping & Hopping Movements

- ☐ Jump Rope
- ☐ Chinese Jump Rope
- ☐ Hopscotch
  - ☐ Number
  - ☐ ABCs
  - ☐ Words
  - ☐ Shapes
- ☐ 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)



# Jumping & Hopping Movements

- ☐ Hopping
  - ☐ Forward
  - ☐ Backward
  - ☐ Side to side
  - ☐ Legs apart or together
  - ☐ 1 leg – alternate legs
  - ☐ 2 legs
- ☐ Hop & Jump Counting
  - ☐ Roll a die and hop or jump that many times



# Walking & 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 Movements

- ☐ Sports – acting out the movements
  - ☐ Swimming
  - ☐ Track & Field
  - ☐ Rope Climbing
  - ☐ Football
  - ☐ Mountain Climbing
  - ☐ Badminton
  - ☐ Fishing
  - ☐ Rowing
  - ☐ Skiing
  - ☐ Baseball
  - ☐ Basketball
  - ☐ Tennis
- ☐ Flower – Grows up from the ground
- ☐ Snowman – Slowly melts in the snow
- ☐ Book Gross Motor – use action words in books
- ☐ Weather
  - ☐ Rain
  - ☐ Wind
  - ☐ Snow
  - ☐ Hail
  - ☐ Hurricane
  - ☐ Tornado



# Animal & Insect Movements

## ☐ Animal Walking

☐ Bear

☐ Cat or Dog

☐ Ostrich

☐ Frog

☐ Birds

☐ Crocodile

☐ Kangaroo

☐ Seal

☐ Snake

☐ Lion

☐ Elephant

☐ Crab

☐ Monkey

☐ Giraffe

## ☐ Insect Movements.

☐ Bee

☐ Spider

☐ Fly

☐ Butterfly

☐ Worm

☐ Rolly Pollies

☐ Crab Soccer

☐ Dance Like Animals

☐ Donkey Kicks

☐ Froggy Toy Pick Up

☐ Do animal movements from zoo books you read



# Kicking Movements

- ☐ Kick (alternating legs)
  - ☐ Right leg
  - ☐ Left leg
  - ☐ Front
  - ☐ Back
  - ☐ With streamers on ankles
- ☐ Kicking objects (alternating legs)
  - ☐ Paper Rolls
  - ☐ Balls or different sizes
  - ☐ Streamers hung from ceiling
- ☐ Kicking at different heights
  - ☐ High
  - ☐ Low



# 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