Gross Motor Printable List



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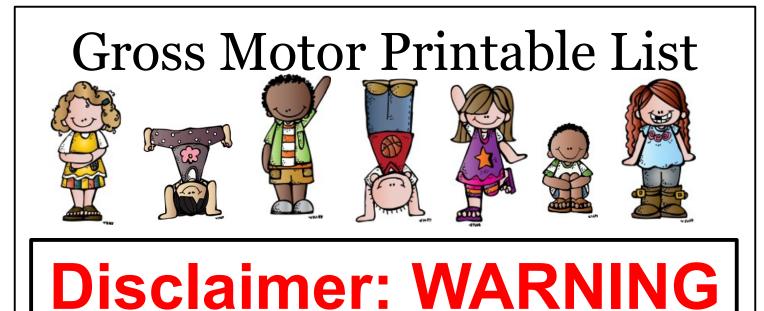
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Graphics: Purchased from Melonheadz Illustrations



- 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.

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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

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	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