



Gross Motor

Activities to Help Your Child Grow and Learn



Your child can usually kick a ball forward, jump, and perhaps hop on one foot. She likes to do things for longer periods of time now and may spend quite a long time riding a tricycle or pulling things in a wagon. Climbing is getting to be one of her favorite activities. She also enjoys vigorous play with friends. Having used up all that energy, she will usually sleep well through the night.

- Marching in the Band** Show your child how to march like a member of the band. Be sure to get those knees up high! Invite a friend to join you. Add a drum and a flag and make a parade!
- Kangaroo Kid** Show your child how the kangaroo jumps around. Pretend to be a mother kangaroo. With your feet together, jump, jump, jump. This is also a lot of fun outdoors or with a friend.
- Freeze Game** Play the freeze game. Let your child dance or move around in any way he wants, but when you say "freeze," he has to stop right away in the middle of a motion. You can start the movement up again by saying "melt." Take turns playing this silly game.
- Football Fun** Give your child a medium-size ball. Show her how to kick it by swinging a foot back, then forward. Turn a cardboard box on its side and encourage your child to kick the ball into the box for a goal. Shout "goal!" when your child gets the ball into the box.
- Airplanes Everywhere** Let your child pretend to be an airplane and run with his arms outstretched. Show him how to lean to the left, then to the right. Make some airplane noises. Swoop down low and then fly around in a circle. Time to slow down; bend down and land.
- Big Box Basketball** Place an open box or laundry basket on a tabletop or surface higher than chair level. Give your child a medium-size ball to throw overhand into the box or basket. You can also tie a ribbon across the tops of two chair backs with the box on the other side. Show your child how to throw the ball over the ribbon and into the box.