

GROSS MOTOR SKILL EXERCISES

Let's have some fun!



TURTLE

1. Kneel on all fours
 2. Slowly move your right arm and left leg at the same time.
 3. Next move your left arm and right leg at the same time.
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CRAB

1. In a squatting position, reach backwards with your arms and put both hands flat on the floor behind you.
 2. Raise up your bottom until your head, neck, and body are in a straight line.
 3. Move forward, backwards, or sideways
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STARFISH

1. Jump outwards, opening your legs wide
 2. As you jump, move your arms out, creating a star shape while in the air.
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BEAR

1. Bend forward to place hands on floor while keeping your weight on your feet.
 2. Move right hand and right foot at the same time.
 3. Move left hand and left foot at the same time.
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FROG

1. Squat down with your hands in-between your knees.
2. Push off with your feet to spring forwards.