

Gross Motor Activities

Motor Planning Videos

Let's Move! Balance

Parent(s): Demonstrate

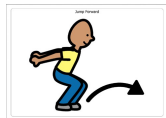


Child: Do what mom/dad does

1. Balance on one foot as long as you can, switch legs!
2. Now hop on one foot, switch!

Let's Move! Jumping

Parent(s): Demonstrate



Child: Do what mom/dad does

Jump forward, then backward

Let's Move! Coordination

Parent(s): Demonstrate

Child: Do what mom/dad does!



Touch your right elbow to your left knee, then switch!

Let's Move! Eye-hand coordination

Parent(s): Toss the ball



Child: Catch the ball, toss it back



Let's Move! Eye-hand coordination

Parent(s): Toss the ball with 1 hand



Child: Catch the ball with 1 hand

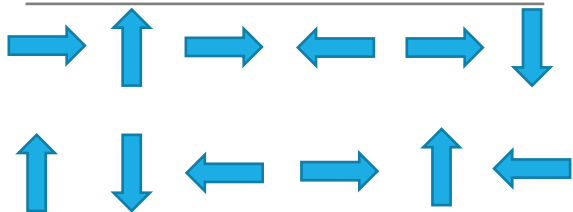


Let's Move! Eye-hand coordination

Parent(s): Toss the ball, add a  Child: Catch the ball, bounce it back bounce



Let's Move! Step in the direction of the Arrows



Video: Option 1

Press

Play 



Video: Option 2

Press

Play



GREAT WORK!
