

50 Screen Free Gross Motor Skills and Activities for Home

Indoor Gross Motor Skills and Activities (adult supervision required!)

- Crawling or walking over different pillows or blankets.
- Tall kneel walking across the room to complete a puzzle.
- Practice walking like different animals.
- Try walking at different speeds – super slow, slow, normal, fast and super fast
- Jog or run in place
- Jump over a piece of paper
- Jump side to side over a shoe lace on the floor
- Jump up and down from a bottom step
- Rip scrap paper in half and jump from paper to paper.
- Play with cardboard boxes. Makes tunnels. Step in and out of the boxes.
- Dance party
- Freeze Dance
- Make your body into the shapes of the letters of the alphabet
- Move Like Me – strike a pose and the other person mimics it
- Make an indoor obstacle course
- Create a dance and teach it to someone else
- Indoor fitness – jumping jacks, mountain climbers, squat thrusts, etc.
- Yoga poses
- Jump over paper cups
- Put a small ball on top of a paper cup. Practice only kicking the ball off the cup without knocking the cup over.
- March to parade music.
- Do step ups using a small stool.
- Keep a balloon up in the air.
- Put painter's tape on the floor or a rope. Walk forwards, sideways, and backwards on the rope.
- Climb stairs. Put stuffed animals at the top of the stairs, climb up to rescue them and walk back down to bring them back to you.
- Play Simon Says
- Take a blanket ride – pull someone on a blanket across the floor (sensibly!)
- Load up laundry baskets with heavy books and push around the room. Pretend to be a traveling library.
- Use recycled water bottles and set up bowling. Bowl with a ball or roll into the bottles with your body.
- Play tug of war with a towel. Try playing in tall kneeling.
- Pretend to ice skate using paper plates.
- Sit on the floor and lift feet in the air. Pretend to ride a bicycle.

- Move like an animal in slow motion.
- Try catching a balloon on a funnel from your kitchen drawer.
- Hang a balloon from the ceiling and hit it with a cardboard tube.
- Kick a balloon against the wall and back again.
- Play with bean bags (make your own with rice inside socks if needed).

Outdoor Gross Motor Skills and Activities at Home

- Ride a tricycle.
- Play hopscotch.
- Go on a nature scavenger hunt or play outdoor bingo.
- Play hide and seek.
- Explore and find 5 green objects (then red, purple, blue....)
- Play with a hula hoop.
- Ride a scooter.
- Play catch.
- Practice dribbling a ball.
- Kick a ball.
- Make a pavement chalk obstacle course.
- Play a game of oversized memory matching – you have to squat and move around the cards.
- Go to the park.