

# Gross Motor Activities for All Ages

## Infants (0–12 months)

Focus: tummy time, reaching, rolling, supported standing/cruising.

- **Balloon Watch & Tap** (adult holds balloon low; baby bats at it)
  - **Copy Me (Face + Arms)** (clap, wave, peekaboo motions)
  - **Move Like an Animal (Simple)** (adult models “flap like a bird,” “wiggle like a worm” while baby watches/joins)
  - **Tape Paths (Visual Tracking)** (high-contrast tape lines to crawl toward)
  - **Active Songs** (gentle “Head, Shoulders…” with caregiver help)
  - **Mini Obstacle Crawl** (pillows/towels to crawl over/around)
- 

## Young Toddlers (12–24 months)

Focus: walking, climbing, squatting, throwing (big targets), balance with help.

- **Toss Bean Bags into BIG Baskets** (close range)
- **Move Like an Animal** (stomp like elephant, waddle like penguin)
- **Paper Plate Stepping Stones** (walk step-to-step)
- **Tape Balance Beam (Wide Line)** (heel-to-toe not required)
- **Dance Freeze (Short freezes)**



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](https://creativecommons.org/licenses/by/4.0/)

- **Find & Tag It (Colors)** (tag “something red”)
- **Balloon Keep-It-Up** (tap up with hands)
- **Obstacle Course (Simple)** (crawl under a chair, step over pillow)

## Older Toddlers (2–3 years)

Focus: jumping, beginning balance, throwing with direction, following 1–2 step directions.

- **Indoor Hopscotch (2-foot jumps)**
- **Bean Bag Toss (farther targets)**
- **Painter’s Tape Shapes** (jump in/out, follow zigzags)
- **Copy Me! (Silly sequences)** (jump-spin-clap)
- **Wiggle Jar / Roll & Move (1 action at a time)**
- **Find & Tag It (Colors + simple shapes)**
- **Follow the Leader**
- **Creative Movement Storytelling (short stories)**
- **Balloon Volleyball (no net / simple back-and-forth)**

## Preschool (3–5 years)

Focus: coordination, hopping, balancing longer, catching, teamwork, rule-following.

- **Hopscotch with bean bag toss** (numbers/shapes added)
- **Tape Balance Beam (narrower line)** (try heel-to-toe)
- **Ball Toss Learning Circle** (rhymes, letters, categories)



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](https://creativecommons.org/licenses/by/4.0/)

- **Alphabet Action Cards**
- **Alphabet Yoga** (simple poses/letters)
- **Silly Scavenger Hunt** (move like: hop, tiptoe, crab-walk)
- **Obstacle Course** (add “go over/under/around” directions)
- **Dance Like This** (fast/slow/silly/freeze)
- **Balloon Volleyball** (tape line “net”)
- **Be an Athlete / Be the Weather** (pretend play with full-body movement)
- **Movement Charades**

## School-Age (5–8+ years)

Focus: complex sequences, competition/cooperation, endurance, multi-step directions, skill-building.

- **Bean Bag Toss Challenges** (points by distance/target size)
- **Paper Plate “Skating”** (hands/feet sliders with rules)
- **Advanced Ball Toss Learning Games** (math facts, spelling, categories)
- **Create Your Own Obstacle Course** (students design + test)
- **Team Cooperative Games** (relay-style, partner challenges)
- **Movement-Based Learning Stations** (rotate activities)
- **Longer Movement Break Circuits** (timed stations)
- **Dance Freeze (challenge freezes)** (balance poses, one-foot freeze)
- **Scavenger Hunts (clue-based)** (letters, riddles, math clues)



Free resource developed by [www.ChildCareED.com](http://www.ChildCareED.com)

Licensed Under [CCBY](https://creativecommons.org/licenses/by/4.0/)