

Gross Motor Games for Preschoolers

1) Traffic Jam (Go–Slow–Stop Course)

Materials: painter's tape (optional), 3 signs/colors (green/yellow/red paper)

Directions:

1. Make a simple path with tape or cones.
2. Hold up colors: **green = move, yellow = slow, red = stop.**
3. Kids travel the path without bumping (practice spacing).

2) Beanbag Balance Mission

Materials: beanbags or small soft item (rolled sock works)

Directions:

1. Kids balance the beanbag on **head/shoulder/hand** while walking.
2. Switch challenges: tiptoe, giant steps, backwards (with supervision).
3. If it falls, they "reset" and try again.

3) Number Corners (Move to the Answer)

Materials: paper numbers 1–4 taped in corners

Directions:

1. Call out: "Go to number 3!" (kids walk/run safely to that corner).
2. Add prompts: clap 3 times, jump 3 times, touch toes 3 times.



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3. Rotate: a child can call the number.

4) Roll & Goal (Floor Bowling)

Materials: soft ball + plastic cups/pins (or empty water bottles)

Directions:

1. Set cups in a triangle.
2. Kids **roll** (not throw) the ball to knock them down.
3. Reset together and count pins knocked down.

5) River Jump (Tape “River”)

Materials: painter’s tape

Directions:

1. Make two parallel tape lines = river.
2. Kids jump across.
3. Widen the river little by little.
4. Add: hop on one foot (challenge), or “run-up then jump.”

6) Copy My Clap + Move

Materials: none

Directions:

1. The teacher claps a pattern (clap-clap-pause).



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2. Kids copy, then do a matching movement:
 - 2 claps = 2 jumps
 - 3 claps = 3 marches
3. Keep it quick and rhythmic.

7) Color Spot Dash (Find the Color)

Materials: colored paper spots taped on floor

Directions:

1. Spread color spots around the room.
2. Call: "Find **blue!**" Kids move to a blue spot.
3. Add: "Touch the spot with your elbow/knee/heel" for body awareness.

8) Clean-Up Obstacle Carry

Materials: toys + bins, tape line or cones

Directions:

1. Kids carry one toy through a simple path (around cone, over tape line, to bin).
2. Rule: "Walking feet, careful hands."
3. Make it a team goal: "Can we clear 20 items together?"

9) Shadow Shapes (Indoor "Shadow" Game)



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Materials: flashlight or overhead light, paper shapes (optional)

Directions:

1. Make big body shapes on the wall/floor with a light source (adult holds).
2. Kids match: "Make a tall shape... make a tiny shape... make a star shape."
3. Add partner shapes: "Two-person heart," "two-person bridge."

10) Balloon Tennis (Paper Plate Paddles)

Materials: balloon + paper plates + tape (optional: craft stick handle)

Directions:

1. Make simple paddles (paper plate + taped handle).
2. Kids tap balloons back and forth with a partner.
3. Challenge: keep it up for 5 taps; move farther apart.



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