

## Home program for caregiver to facilitate gross motor skills in children (3-5 years):

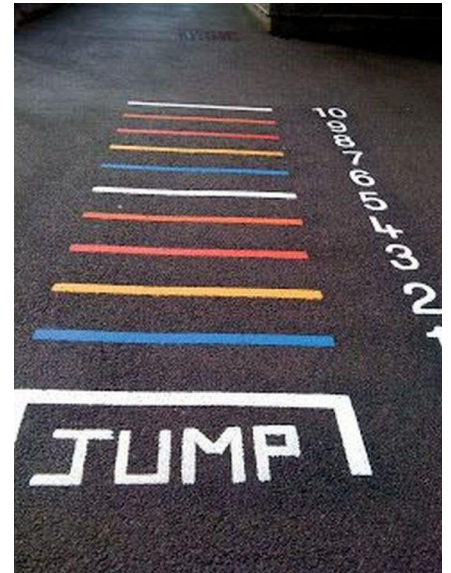
1. Activity name: Fly like superman! or fairy!

Equipment: Tape

Preparation: You have to tape a starting point, then measure almost 40 ft. and tape jumping point.

Description:

Your child has to run from start point until he/she reaches jumping point and jump as far as they can. Your child has to jump over the jumping point to pass it without pausing or touching the line. You can measure how far your child have jumped to make it more challenging, to get the best score!



2. Activity name: kangaroo jump

Equipment: Tape

Preparation: You have to tape several lines (almost 10 inches in between) as the picture shows.

Description:

Your child has to jump (with one leg/hop) without touching the lines. You can also make it harder to make him jump on both legs, or jump from line to line.



3. Activity name: Focus! Target! And Throw!

Equipment: Colorful baskets or hula hoops , tape, colorful small balls or bean bags.

Preparation: You have to tape a standing point and arrange hula hoops or baskets a little bit far.

Description:

Your child will stand on the start point and throw the ball or bean bags to the basket or hula hoop of the same color. You can give extra points for the second line basket (the farer row).



4. Activity name: Bowling or pyramid smash.

Equipment: bowling pins (or you can use half filled water bottles) or paper cups, tape, balls.

Preparation: You have to tape a standing point, and arrange bowling pins or arrange the cups as a pyramid.

Descrption:

Your child has to stand on standing point, throw the ball to tumble down the bowling pins or the cups pyramid.



5. Activity name: Flamingo stand.

Descrption: your child has to stand on one leg with hands on hips and the other leg is bent. You can compete with him/her and see who can hold the position longer!



6. Activity name: Obstacle maze.

Equipment: Hula hoops, tape, cushions, table, blanket, 2 chairs, plastic cups.

Descrption: This activity includes variety of skills (jumping, crawling, balncing, etc.), but needs a large area. You can use hula hoops to jump in, line of tape to balance on, couch cushions to hop between, table to crawl under, blanket over 2 chairs to crab walk or bear walk through and plastic cups to run around.



7. Outdoor activities:

- Monkey bars (with support).
- Pedal tricycle.
- Pump swings.

