



Kindergarten Readiness Resources

Gross Motor Suggested Activities

Body Awareness:

- Sing an action song about the body. Here are the lyrics for the action song Head Shoulders Knees and Toes and The Wheels on the Bus.

Head Shoulders Knees and Toes

Head shoulders knees and toes
Knees and toes
Head shoulders knees and toes
Knees and toes
And eyes and ears, and mouth and nose
Head shoulders knees and toes
Knees and toes

The Wheels on the Bus

The wheels on the bus go round and round (*Trace a circle in the air*)
Round and round, round and round
The wheels on the bus go round and round
All through the town

The wipers on the bus go swish swish swish (*Wave arms back and forth*)
Swish swish swish, swish swish swish
The wipers on the bus go swish swish swish
All through the town

The horn on the bus goes beep beep beep (*Pretend to honk a car horn*)
Beep beep beep, beep beep beep
The horn on the bus goes beep beep beep
All through the town

The money on the bus goes clink clink clink (*Pretend to drop a coin to pay*)

Clink clink clink, clink clink clink

The money on the bus goes clink clink clink

All through the town

The driver on the bus says, "Move on back" (*Using thumb point back over shoulder*)

"Move on back", "Move on back"

The driver on the bus says, "Move on back"

All through the town

The baby on the bus says, "Wah wah wah" (*Make a crying motion with both hands*)

"Wah wah wah", "Wah wah wah"

The baby on the bus says, "Wah wah wah"

All through the town

The mommy on the bus says "Shush shush shush" (*Hold finger in front of face, sing this verse quietly*)

"Shush shush shush", "Shush shush shush"

The mommy on the bus says "Shush shush shush"

All through the town

- Simon Says is a game that can be played to develop many of your child's skills, including listening skills, concentration, auditory perception, etc. Use this game to stimulate your child's large muscles. Make it more fun by taking turns and allowing your child to also give you instructions to follow. Incorporating multiple actions will work on your child's ability to follow instructions at the same time. Here are some ideas for actions:

Simon Says...

- Do a crab walk (or skip) to the wall and back.
- Run to the chair, do 4 jumping jacks and run back.
- Jump up and down 5 times, counting with each jump.
- With your right hand, touch your left knee.

Hand-Eye Coordination:

- Throw and catch balls of different sizes. Bounce a ball with control. Throw overhand to try and hit a stationary target. Move to catch a ball. Many gross motor activities involve counting, which can help your child internalize number sequences. Encourage your child to count jumps or bounces or assign them a certain number to do.
- Toss balloons to each other. Tip: Begin catching with a large balloon or ball and only after the skill is mastered, move to a smaller sized balloon or ball.
- Practice throwing scarves up in the air and catching them. Try tossing two scarves back and forth
- Play sports that encourage throwing, catching, & passing like baseball, tennis, and basketball.
- Through the Tunnel game: Stand a short distance from your child with your legs spread wide apart. Get him to roll a ball "through the tunnel" (through your legs). With practice, you can begin to stand further away from your child and make the tunnel narrower by stepping your legs closer together, as well as using a smaller ball. This is a good game for developing ball skills and eye-hand coordination.

- A beanbag toss: Playing with beanbags is another good way to work on eye-hand coordination. You can also replace beanbags with soft balls or even handmade balls from socks. Find a target such as a laundry basket or a box. Use a target with a large opening for younger children. Take turns aiming and throwing the beanbags into the basket and counting how many got in each time. Slowly move the target further away or make it smaller by using a smaller bin.

Balance

- Balance beanbags on your head and walk in a straight line for 8 feet.
- Stand on one foot: Practice standing on each foot for at least 5 seconds, with your hands on your waist.
- Catching and balancing: Stand with one foot on a ball while catching another ball. This encourages balance while practicing catching and throwing.
- Tape jumping: Test your child's jumping skills with this game using only a roll of craft tape. Lay a strip of tape on the ground as a starting point. Then place another few strips spaced closely together and get your child to hop, feet together, from tape to tape. Then, move the strips slightly further apart and see if your child can jump further. Continue moving them further away until you reach your child's limit. Measure the distance and watch your child slowly beat that distance every time they play.
- Balance beam: Use something low and flat in your yard or home to create a makeshift balancing beam. For example, make a beam out of a wooden plank or any other flat material or just place some tape on the ground. Practice walking across the beam and not falling off. Turn it into a game and pretend there are crocodiles in the river below. Challenge your child to walk across the beam, turn around at the end and walk back without falling off.

Crossing the Midline:

Some people are unfamiliar with this term. Crossing the midline means being able to reach across the center line of the body with your arms and legs. It is the ability to cross the imaginary line running from your child's nose to his or her pelvis that divides the body into the left and right sides.

- Draw a big figure 8 in chalk outside.
- Drive toy cars along a "track".
- Paint with a paintbrush and water on a large wall.
- Touch right hand to left foot and left hand to right foot without moving feet and losing balance.
- Play a circle game. This circle game is called Pass the Potato. Sit in a circle and using both hands pass the potato, or any other object to represent the potato, from person to person using both hands. You can add another variable to this game by pretending the potato is hot or by playing music in the background and trying to not be the person who is holding the potato when the music stops.

Agility:

- Play hopscotch with your child being able to hop on one foot and then on both feet together.
- Lay cones or cans on the ground and race by weaving in and out of them.
- Pedal and steer a tricycle or bicycle.
- Skip with a smooth motion.
- While holding onto a handrail, go up and down stairs, alternating feet.
- Run up to a stationary ball and kick it. Then kick a rolling ball.
- Walk on tip toes for 10 feet.

- An obstacle course: Build your child's strength and agility with a fun home-made obstacle course. These can be built indoors or outdoors. Be creative and place together several props into a course that you and your child will take turns to follow, or even race through. Provide a mix of activities in each course, such as opportunities to climb, jump, throw, etcetera. Here are a few ideas for props and activities:
 - Chairs to step/climb over.
 - Planks to walk along.
 - Beanbags to balance on your head.
 - An empty box to crawl through.
 - Hopping in the rungs of a ladder that is laid down flat on the floor.
 - Swinging on a tree branch.
- Egg and Spoon Race. The Egg and Spoon Race is a favorite at young children's sports days. Your kids will love racing you in this fun game. Simply balance an egg in a tablespoon from the start line to the finish line. You may want to boil the eggs first unless you're really in the mood for some fun! Nothing will sharpen the skills and concentration quicker than the threat of an egg cracking open.

Strength and Endurance:

- Cartwheels, handstands against a wall, somersaults, pull-ups, and push-ups.
- Walking, skipping, hopping, crawling, and swimming.
- Crab walking (knees bent, feet flat, palms on the ground behind you) or 2-person wheelbarrow walking.
- Playing games or sports that encourage running like baseball, kickball, basketball, and soccer.
- Climb over unstable surfaces as it requires a lot of effort and increases overall body strength. For example, your child could climb over large pillows.
- Playground equipment: Kids can climb a ladder for the slide, hang from a bar, push or pull on the merry-go-round or use the swings or seesaw/teeter-totter.
- Tag: A game of tag will encourage a child to run and if you play for an extended period will help with their endurance. To add another variable to the game, try an area where there are obstacles or uneven surfaces.