

Suggested Gross Motor Activities from Ms. Turtle

For 1st Class Ms. Byrne

Week beginning 15th June 2020

Monday 15th

Gross Motor Skills:

Play Musical Statues to 2 of your child's favourite songs and give your child a different pose each time to freeze. Tell your child the pose before you start the music each time.

- 1) Freeze like a Superhero.
- 2) Freeze in an arm circle pose.
- 3) Freeze sitting down.
- 4) Freeze punching the air in a victory pose.
- 5) Freeze standing still with arms in the air.
- 6) Freeze like a princess.
- 7) Freeze like a butterfly.
- 8) Freeze as any animal.

Do the Popsico dance on www.youtube.com/watch?v=Pwn4beja1QE

Tuesday 16th

Gross Motor Skills:

- 1) Stand in front of a wall. Place your hands on the wall and move your legs back from the wall. How many arm pushes can you do?
- 2) Sit in a chair with your back straight and your feet flat on the ground. Stand up and sit down 20 times.
- 3) Sit in a chair with your feet flat on the ground. Stretch both hands in the air. Stand up and sit down 20 times.
- 4) Sit in a chair and stretch your legs out in front of you. Lift each leg off the ground 10 times.
- 5) Sit on a chair. Hold the sides of the chair with each hand. Use your hands to push yourself up off the chair 10 times. See if you can do this 20 times.

Fine Motor Skills:

Place a bowl at each end of the garden. Fill one bowl with small items to pick up with a clothes peg. Your child runs from one end of the garden to the other picks up each item with the clothes peg and puts them in the empty bowl. Do this with the other hand also.

Wednesday 17th

Gross Motor Skills:

- 1) Roll 2 dice and jump the number you get each time.
- 2) Roll 2 dice and hop the number you get each time.
- 3) Count how many times you can throw and catch a ball. Try and beat your score each time.
- 4) Count how many times you can bounce a ball. Try and beat your score each time.
- 5) Count how many times you can hop on one foot then the other foot. Try and beat your score each time.

6)Count how many skips your can do with an imaginary rope. Try to beat your score each time.

7)With a dessert spoon and a potato play an egg and spoon game. Run from one end of the garden to the other. Try not to drop the potato.

Fine Motor skills:

Tear strips of paper off a page, scrunch them up and throw into a waste paper bin target. Try to beat your score each time. Play with a partner.

Thursday 18th

Gross Motor Skills:

Use your body and pretend to move like different animals all around the garden.

1)Flutter like a butterfly.

2)Gallop like a horse.

3)Stomp like an elephant.

4)Wiggle like a worm.

5)Bounce like a kangaroo.

6)Creep like a spider.

7)Climb like a monkey.

8)Waddle like a duck.

9)Pounce like a cat.

10)Slither like a snake.

11)Shuffle like a penguin.

12)Peck like a chicken.

Skipping/Trampolining: Practice skipping with a rope or jumping on your trampoline.

Friday 19th

Catch up on any activities not completed during the week.

Have a great active and a lovely weekend.