

#GROSSMOTORCHALLENGE

**FUN MINUTE TO WIN IT STYLE
ACTIVITIES WITH ITEMS YOU HAVE
AROUND YOUR HOUSE!**

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All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.



#GrossMotorChallenge Activity 1 - Ball Target

Gather your supplies:

- a bin of balls
- target
- timer

We used our archery target and a bin of plastic balls we had. Gather anything you can use as a target. You could use a piece of paper taped to the side of the house or blanket, etc.

Grab a container of balls or objects that can be thrown safely at the target. You could also use bean bags, tennis balls etc, whatever you have.

Set your timer for one minute and see how many balls your child can hit the target with.

One thing I will note, we did end up raising the target so that it was more in line with their eyes. So when you set up your target, keep that in mind with your child's height.

This activity is a great way to warm up the upper extremities (arms), as well as visual-motor practice, motor planning, and so many great skills.



#GrossMotorChallenge Activity 2 - Ball Drop Relay Race

Gather your supplies:

- a bin of balls
- an empty container or bin
- timer

For this activity, set the bin of balls at one end of your area and the empty bin on the opposite side. Leave enough space between the bins so that your child can run between them while carrying the balls.

The object is to get as many balls as you can from the full container to the empty one. They have 1 minute to see how many they can get. We also set the rule that if any balls fell out of their arms or did not make it into the container they did not count. But you could adapt these rules to fit your child's abilities.

When the timer goes off, have them count how many balls they were able to get into the empty container.

This activity is a fun one for motor planning, endurance, and visual-motor skills.



#GrossMotorChallenge Activity 3 - Animal Hops

You don't need anything for this activity other than your timer.

Pick an animal that hops (frog, kangaroo, rabbit etc), and see how many hops your child can make in a minute.

Have them imitate which ever animal they choose for the hops.

You can adapt this to where they can hop around a room or the yard. Or see how many hops they can make while staying in the same spot. If they need a visual for where to say, mark the spot with a piece of tape or a spot marker.

Also, if your child needs a visual prompt, join in the fun yourself and show them how to hop like the animal they chose.

For even more fun, have them make the animal noise that goes with the animal they chose as they hop.

This is a great activity for bilateral coordination, motor planning, and endurance.



#GrossMotorChallenge Activity 4 - Jumping Jacks

How many jumping jacks can you do in 1 minute?

All you need is a timer (I used my cell phone) and have your child see how many jumping jacks they can do in one minute.

If you have a child who is struggling to combine their arms and legs together for jumping jacks, start with just jumping in and out with their legs. Add the arms in once they have the leg portion down.

You can also include a visual prompt on the ground for them to jump their legs out to if they need that added visual cue.

They can try to beat their best number or you can all play against each other's best numbers if you have more than one child.

This also makes a great brain break activity to do between subjects for school at home or during a telehealth therapy session.

This activity is working on bilateral coordination, endurance, and motor planning.



#GrossMotorChallenge Activity 5 - Wall Push-Ups

Another easy activity where you just need a wall and a timer.

Have your child line up next to the wall, standing far enough back that their arms can extend straight to the wall.

Set the timer for one minute and see how many wall push-ups your child can do before the timer goes off!

If they need a visual for where to stand, put a piece of tape on the floor to give them a visual cue on where to stand. You can also put a piece of tape on the wall to mark where to put their hands if they need that cue.

Also, you can have your child do regular push-ups on the floor instead of the floor if they would rather try that. This is a good way to make the activity a little harder for older children.



#GrossMotorChallenge Activity 6 - Crossing Midline Ball Bounce

Gather your supplies:

- 2 to 3 balls that bounce
- a timer

This activity is probably the most challenging out of all the ones I have shared. So it would be ideal for older children who may find the other activities a little boring.

Have your child hold both balls, one in each hand. Let one ball drop to the ground. While it is dropping, they will transfer the other ball to the hand that dropped the first ball and then catch the ball that bounced with the empty hand

This is a little involved, so I put video on YouTube that you can click here to watch.

If timing them makes them feel anxious, just leave the timer out of this activity and see how many they can do in a row without missing a ball or dropping both balls.

If your child catches on with this quickly, you can grade up the activity up by putting a figure 8 on the floor with tape. I used painters tape on our sidewalk outside.

Then as they are bouncing and catching the balls, have them walk the figure 8, starting in the middle and moving towards the left side of the figure 8 pattern first.

It's a great one to practice crossing midline and using both sides of the body together (bilateral coordination) as well as motor planning.

