

## Gross Motor Activities

Please choose 3 things from this list to do today, these ideas can be used at any time during the home learning period.

- The Bodycoach Joe Wicks will be doing live PE lessons at 9am Monday-Friday on his YouTube channel. Please see <https://www.thebodycoach.com/blog/pe-with-joe-1254.html> for more information.
- Joe Wicks also does a '5 Minute Move' on his YouTube channel that are designed for children.

Here are some more ideas for developing gross motor skills.

- Star jumps, push ups, running on the spot, marching, hopping, jumping for 30 seconds at a time
- Skipping (with or without a rope)
- Throwing and catching a ball (vary the size of the ball)
- Dancing
- Hopscotch (if you have space you could draw a grid with chalk)
- Balance- on 1,2,3,4 parts of your body.
- Balance objects on different parts of your body- can you hold the balance to the count of 5? Then 10?
- Kicking and dribbling a ball
- Balancing a ball (or another object) on a bat or racket
- Hitting a ball or object with a bat or racket
- Going on a trampoline

