LARGE MOTOR ACTIVITIES

1. Roll a ball back and forth. Call the student’s name before beginning. If possible, have the bottoms of everyone’s feet touch each other. Add a small bounce to the ball after successful rolling.

2. Bowling - use 1 or 2 liter pop bottles with a bit of popcorn or beans in the bottom. Either roll a ball or toss a beanbag and knock over the pins. Use a polyspot or tape on the floor where the pins should be set. You can add different pictures or shapes to the pins to change the activity.

3. Bean bag targets - use a box, hoop, trash can …. To toss different objects or bean bags into. To add auditory feedback, tie a bell onto the target. Each time the target is hit the bell would ring. I would use larger bells (Christmas bell size - available at Wal-Mart).

4. Hoppity Hop - Robin has two different sizes of these as well as one with a saddle. These can be used to sit on, bounce on and eventually to move with them.

5. Beach balls or balloons - Toss them back and forth (always call the students name and tell them when it’s coming). Hit it to someone else. Toss and catch to oneself. Kick it to each other. Suspend the balloon - have each student hit it and try to stop it or catch it. Hit it with the entire hand or just one finger. Use a nylon hose racquet and hit the balloon. Put the beach ball on a cone and hit it off with the hand.

6. Locomotor movements - put on some music and move fast/slow, march - knees up high, walk forward, sideways and backwards, jump (feet together), lie down and roll over. Move from one spot to another. Play “follow me” or chase.

7. Scooter board - sit and be pushed forward and backwards on the scooter. Move forward or backwards on the scooter. Sit down on the scooter, hold a jumprope with 2 hands and have someone pull the student on the scooter. Lie down on stomach and move the scooter with hands and feet. Scooter and knock over the bowling pins with hands or feet. Scooter and kick a ball.

8. Newspaper - tear it, roll it into balls, throw it, kick it, blow little pieces. Using a small towel - have 2 people hold the towel, have some torn pieces of paper on the towel and then try to shake it off (use the towel like a parachute). You can use balloons instead of the newspaper.

9. Tunnel - climb through the tunnel (Robin has one of these).