



# Gross Motor

Playing games can be a fun and effective way to develop gross motor skills in children. Before you begin, as with all activities' discuss the game first, language and communication are key. This game doesn't include a vocab card as demonstrating the movements is better.

Give names to the wide range of movements we use each day:

run

crawl

walk

hop

jump

gallop

spin

balance

leap

twist

clap

stamp

Instructions - Use either page 2 or 3 as a game board. (page 3 you can decide your own movements.) You will also need a dice (if you don't have one, you can use the net below to make your own) and the number cards cut out and ready to use.

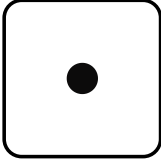
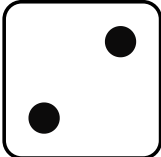
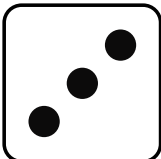



Once ready, the game is simple! Roll the dice, find the movement, choose a number and count out. For example if you roll a six and choose the 7 number card then top clap like a seal seven times.

DO NOT PRINT - instructions



# Get Moving

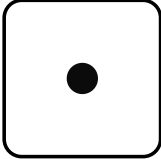
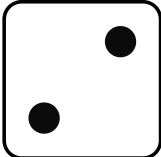
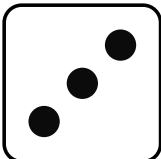



Roll the dice pick a number and do the movement!

|   |   |
|---|---|
|    | <b>WIGGLE LIKE A SNAKE</b><br>choose a number   |
|   | <b>SCRATCH LIKE A MONKEY</b><br>choose a number |
|  | <b>FLY LIKE A BIRD</b><br>choose a number       |
|  | <b>HOP LIKE A FROG</b><br>choose a number       |
|  | <b>WADDLE LIKE A PEGUIN</b><br>choose a number  |
|  | <b>CLAP LIKE A SEAL</b><br>choose a number      |



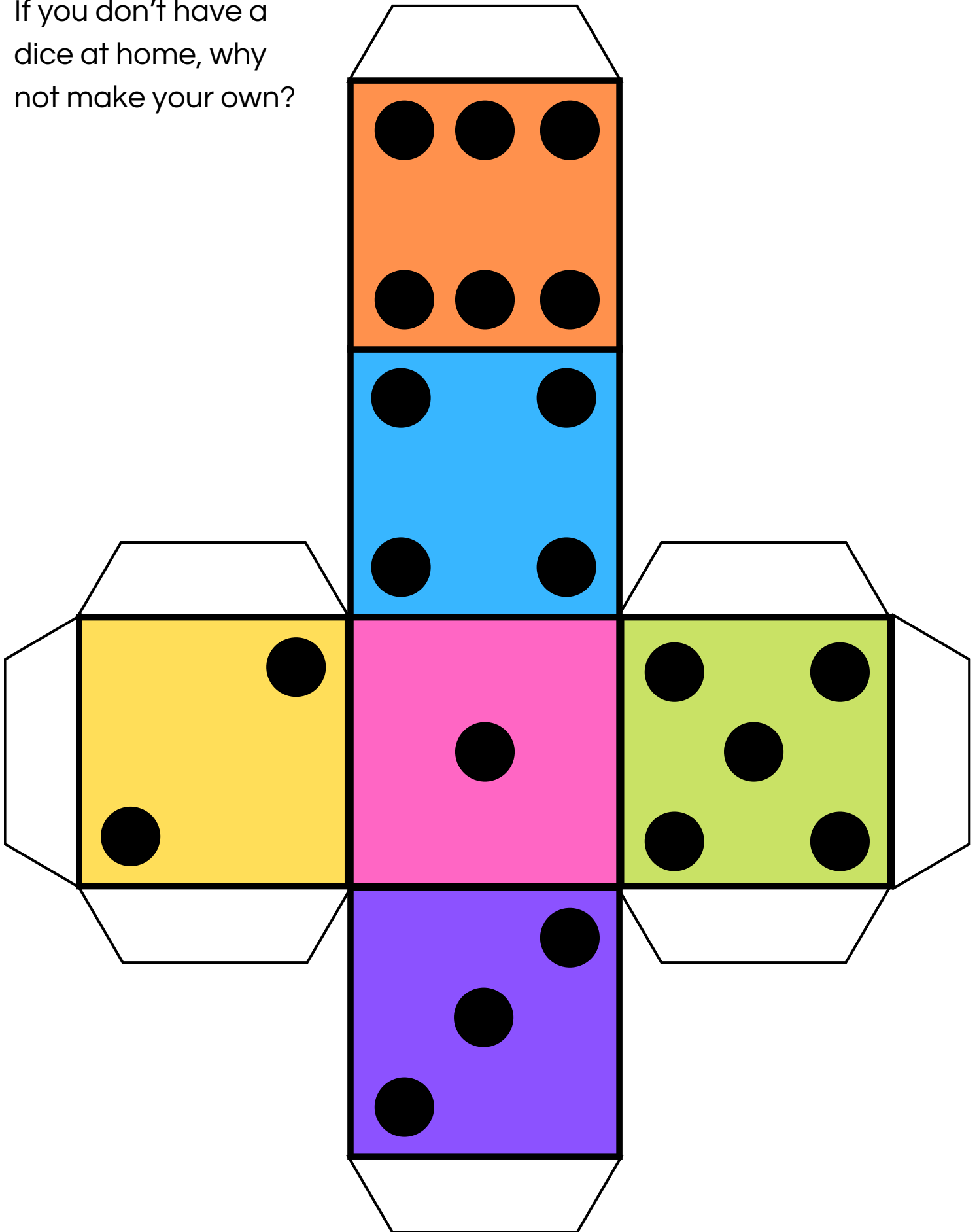
# Get Moving

DIY - Roll the dice pick a number and do the movement!

|   |                          |
|---|--------------------------|
|    | <hr/><br>choose a number |
|   | <hr/><br>choose a number |
|  | <hr/><br>choose a number |
|  | <hr/><br>choose a number |
|  | <hr/><br>choose a number |
|  | <hr/><br>choose a number |

# 6-Sided Dice

If you don't have a dice at home, why not make your own?



1

2

3

4

5

6

7

8

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11

12