

The background of the slide features a light green gradient with a pattern of white-outlined hexagons of varying sizes. A solid brown rectangle is positioned in the upper right corner. The title text is centered within a white rectangular area on the right side of the slide.

Gross Motor Recreation Activities

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Play (3-5 years)

- Toddlers

- Play Activities:

- Pretend play, explores home and outside environment.
 - Constructive play, draw and build with complex objects.
 - Pride of accomplishments increases (display pieces of art on fridge, leave up constructed objects.)
 - Increased focus on other children, full cooperative play by 5 years.

- Toy Tips:

- Playhouse, outdoor gyms, sandbox, pets and plants, paints and arts & crafts, and dress up clothes.

Play (6-12 years)

- The Child
 - Play Activities
 - Tend to like to play with the same gender
 - Electronic games
 - Musical Instruments
 - Learn through imagination
 - Toy Tips
 - Bikes, skates, sports equipment
 - Crafts, science kits
 - Paints, markers, stamps
 - Board games

Play (12-18 years)

- The Adolescent
 - Play Activities
 - Groups of similar interests
 - Sports
 - Intellectual
 - Artistic
 - Social
 - Toy Tips
 - Computer games
 - Sports equipment
 - Special interest activities

Jumping

Beginning jumping works well on a trampoline with a handle. If not available, child can jump holding onto any stable surface



Jumping



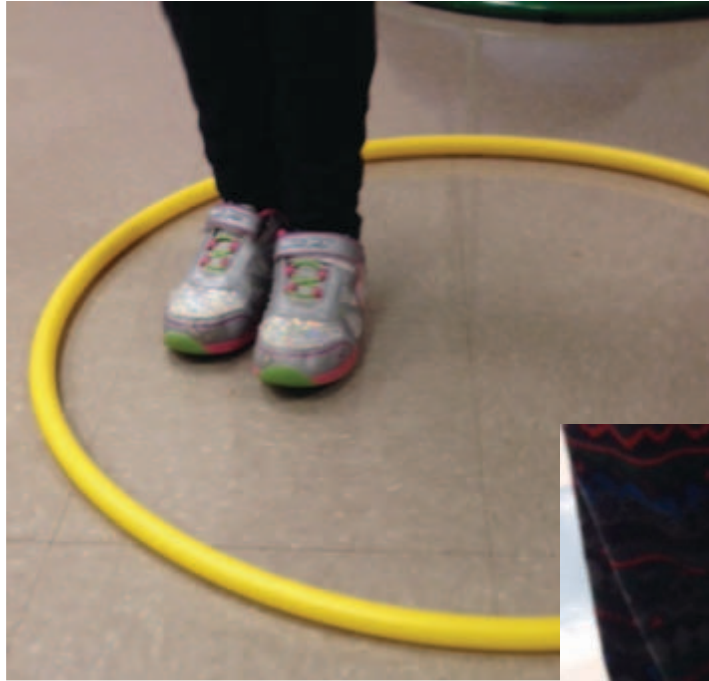
Jumping activities will build strength in the legs. Start with jumping over a line (tape or chalk) forwards, backwards, and sideways

Jumping



Increase difficulty by jumping over higher objects or moving objects to make activity more challenging and fun
(Jump over the snake)

Jumping



Progress to jumping on Bungee Jumper, Pogo Hopper, and Pogo Stick. Hula Hoops and Jump Ropes are also fun to jump with.

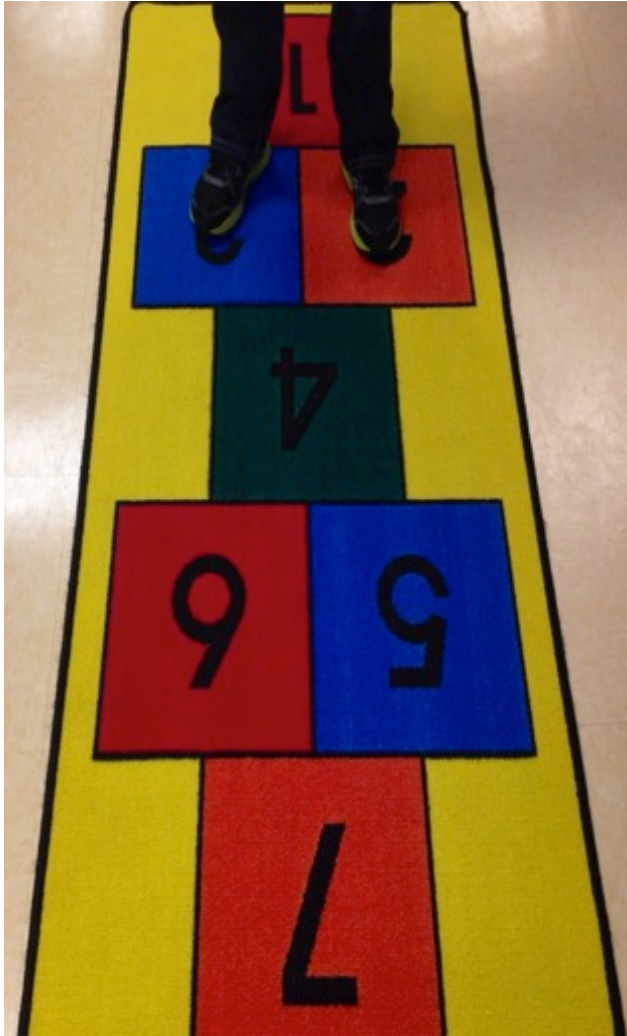


Jumping



Children love to jump on and pop bubble wrap that you may have around the house.

Hopscotch



Hopscotch is a great activity that works on jumping, hopping, coordination, and balance. The child can work on a one-foot, two-foot pattern or an open feet, closed feet pattern, or just jump from square to square forwards, backwards or sideways.

Hopscotch



There are hopscotch rugs or foam hopscotch puzzles. Make a hopscotch outside with chalk. You can even make your own hopscotch by just putting pieces of paper down onto the floor in any pattern you want

Balance



Make your own balance beams with blocks, chalk lines, curbs, wooden borders around playgrounds, etc. Have child walk forwards, backwards, and sideways

Balance

Practice standing on one foot with stomp toys. Try to hold foot up for longer periods of time or do countdowns and then stomp



Balance



Maze balance boards
are fun for older children



Throwing

Throwing a ball into any type of basket available. An open weave or net basket would be best visually for the child so they can see where in space the ball is .



Throwing

Putting up a visual target gives the child something to aim at



Throwing



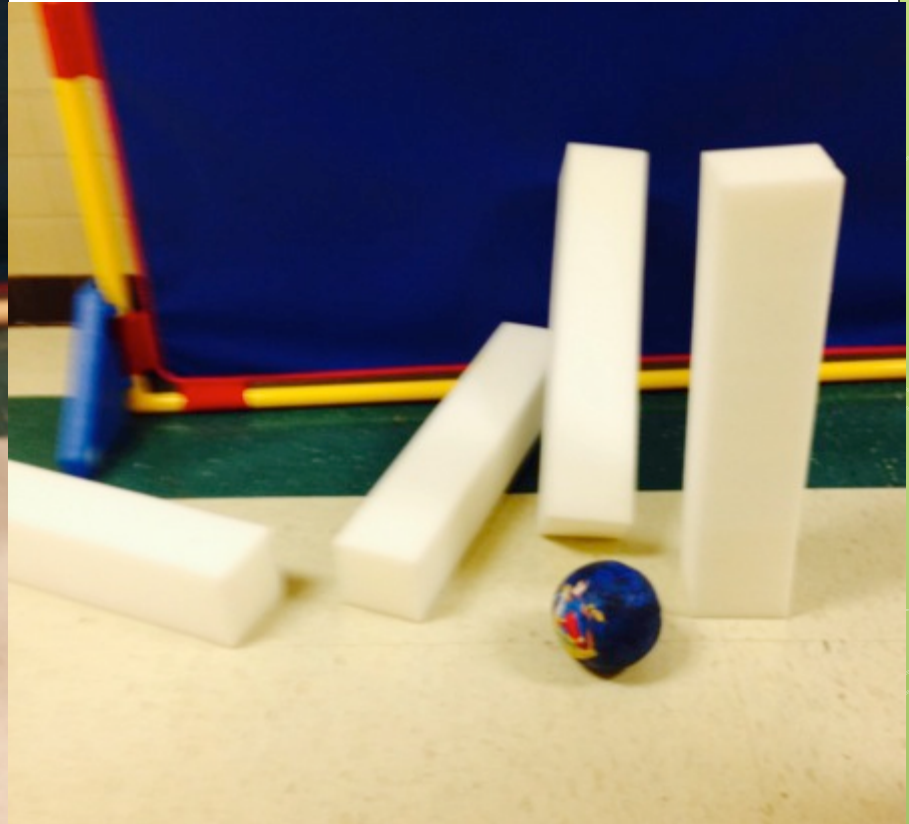
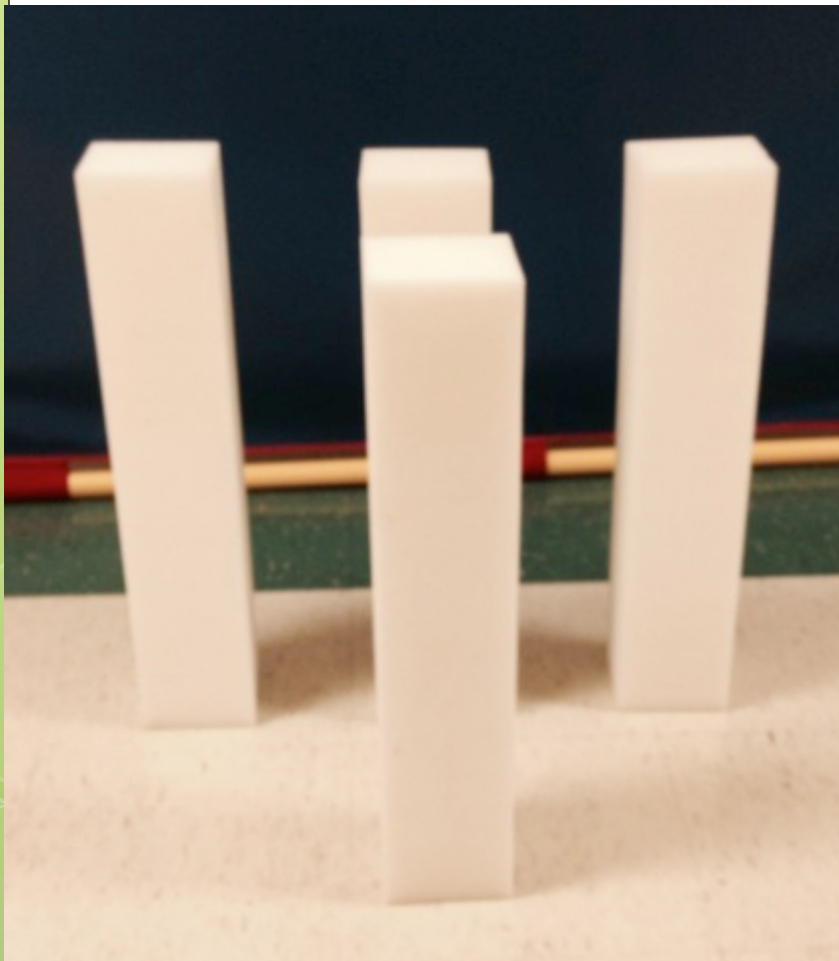
Make a game out of throwing. Who can get the most points or who can get the most beanbags in or through a target.

Throwing or Kicking



Kicking a ball toward any objects you can find around the house. For example, shoeboxes, empty soda bottles, etc.

Throwing or Kicking



Bowling is a good activity using anything you can find around the house for the pins. (Here we are using Styrofoam packing blocks) Have child throw at targets, roll ball to targets, or kick to knock down.

Basketball



There are lots of different Basketball Hoops that can be used indoors



Catching



Scarves, beach balls, and balloons filled with flour or sand are slower when thrown so child can track them. Yarn, beanbag or net balls are good for poor hand or grip strength.

Games



Board games can be modified so that there is a gross motor component also. Play lying on your stomach and reaching to put pieces in or sit on a ball while playing.

Games



Make games with a lot of pieces more active by putting the pieces of the game on the other side of the room

Have the child retrieve the pieces one or two at a time
Have them hop, skip, jump, gallop, run or any other activity you can think of.



Games



Adapt games like Candyland. Choose activities to do depending on what card you draw. Letting the child choose the activities ensures that he will be more motivated. Change activities each time you play

Games



Almost any board game can be adapted for any level of skills. With games with dice or number cards assign an activity to a certain number that is rolled or drawn.

Example

1. Wall sit until next turn
2. Hold plank position until next turn
3. 10 Push-ups
4. 15 sit-ups
5. 20 jumping jacks
6. 20 mountain climbers

Games

There are a variety of gross motor games for all ages in the stores.

Most toy stores have a gross motor section.



Running

Newspaper run-Give child one page from a newspaper. The piece of paper is placed on the front of the child. As the child runs, the paper will stay in place. When the child stops, the paper will fall off. The goal is to run continually longer and longer before your paper falls off.

Go to fenced in basket ball or tennis court and have child run between the fence and outside court lines. Give a colorful rubberband for each lap so child can take pride in accomplishment and see how many laps they did.

Red light green light game

Other Fun Cardio Games

- Try these as a race, to retrieve pieces to a game or as a relay race
- Crab Walking
- Kangaroo, bunny or frog hopping
- Elephant walk
- Bear Walk (all 4's)
- Wheelbarrow walk
- Skipping
- Hopping on one foot
- Galloping

Walking outside

Take child on a walk and have them spot objects beginning with a certain letter of the alphabet or objects of a specific color

Scavenger Hunt-Give child a list of items to look for on the walk (fence, dog, bird, mailbox etc.) and check them off as you see them

Increase time or distance for each walk.
Pedometer/GPS units are great to use so the child can see where and how far they walked

Video Games

- There are a lot of good games that get children active. Have them play one of these games for 30 minutes before the sit to play their other games.

Resources

- ◉ American Hippo Therapy Association
 - ◉ Horseback Riding
 - ◉ www.americanhippotherapyassociation.org/hippotherapy/find-a-facility
- ◉ Easter Seals New Jersey
 - ◉ Camping and Recreation
 - ◉ camp@nj.easterseals.com
- ◉ Mercer County Special Services School District
 - ◉ Recreation Programs for People with Disabilities
 - ◉ mercerspecialservices.org/index.php/recreational-programs
- ◉ Mercer Special Hockey
 - ◉ The Mercer Bulldogs are comprised of developmentally disabled players (ages 5 and up) across a wide range of abilities, from advanced to learn-to-skate, who participate in a brand of the sport known as "Special Hockey."
 - ◉ www.mercerspecialhockey.com
- ◉ Miracle League of Mercer County
 - ◉ Barrier-free Baseball children 4-19
 - ◉ www.miracleleaguemercer.org

Resources

- Princeton Family YMCA
 - S.N.A.P. Program-Special Needs Adaptive Program
 - Swimming and Yoga
 - princetonymca.org/programs/snap.html
- Princeton Special Sports
 - Recreation program of baseball, basketball, and soccer for children with special needs, ages 4-18
 - www.leaguelineup.com/princetonpecialsports
- Special Kids Organized Recreation (SKOR)
 - Hamilton YMCA
 - Participants from 5-35 enjoy a variety of sports, instructional, and social programs, each designed to meet their individual needs, interests and capabilities.
 - www.hamiltonymca.org/program-schedules/skor-soar-special-needs
- Special Olympics New Jersey
 - Mercer County
 - PO Box 71
 - Pennington, NJ 08530
 - Local Contact Joanne Monaco
 - director-area11@sonj.org

Resources

- VSA Arts of New Jersey
703 Jersey Ave
New Brunswick, NJ 08901
732-745-3913
www.vsanj.org
Art programs for individuals with disabilities
- Wheelchair & Ambulatory Sports, USA
P.O. Box 5266 • Kendall Park, NJ 08824-5266
Phone (732)266-2634 • Fax (732)355-6500
<http://www.wasusa.org/>
- Plainsboro Township Special Needs Programs
Karin Poveromo
Program Coordinator
Recreation & Community Services
609-799-0909 x1704
kpoveromo@plainsboronj.com
- Candyland
http://www.pediastaff.com/blog/otpt-corner-extreme-candyland-a-sensational-way-to-play-the-classic-board-game-13099?utm_source=blogrss&utm_medium=rss&utm_campaign=blogrss

Resources

- Gross Motor Equipment
 - www.abilitations.com
 - www.integrationscatalog.com
 - www.rifton.com
 - www.sammonspreston.com
- Adapted Play Equipment
 - www.amtrykestore.org

Book

- Hopscotch, Hangman, Hot Potato, & HaHaHa
- A Rule book of Children's Games
- By Jack Maguire