



Learning Services

23000 – 116 Avenue
Maple Ridge, B.C. V2X 0T8
Telephone: (604) 467-1101
Fax: (604) 467-7079

HOME ACTIVITIES FOR GROSS MOTOR DEVELOPMENT

GROSS MOTOR MILESTONES:

<https://therapiesforkids.com.au/gross-motor-milestones/>

<https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-chart/>

GENERAL GROSS MOTOR DEVELOPMENT:

<https://www.themeasuredmom.com/indoor-gross-motor-activities/>

<https://www.homeschool-your-boys.com/improving-gross-motor-skills-children/>

https://www.youtube.com/watch?v=x_9L5_A6Ww4

<https://momypoppins.com/newyorkcitykids/25-exercise-games-indoor-activities-for-kids>

https://www.canr.msu.edu/news/building_gross_motor_skills_and_why_it_matters

CORE STRENGTHENING:

<https://theinspiredtreehouse.com/child-development-core-strengthening-for-kids/>

<https://keepingkidsinmotion.com/2016/11/03/10-core-exercises-for-kids/>

UPPER BODY STRENGTHENING:

<https://www.pinkoatmeal.com/creative-upper-body-exercises-for-kids/>

<https://www.pinkoatmeal.com/upper-extremity-weight-bearing/>

GAMES:

<https://fungameskidsplay.com/classicgames.htm>

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

<https://babygizmo.com/keeping-kids-active-indoors/>

<https://theinspiredtreehouse.com/use-card-games-kids-promote-movement/>



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BALANCE:

<https://www.pinkoatmeal.com/balance-exercises-for-kids/>

<https://www.softstarshoes.com/live-bare-blog/2015/06/23/top-10-balance-games-for-kids-of-all-ages/>

- Some great ideas, maybe not the “Thinker Pyramid” though.

ANIMAL WALKS:

<https://pathways.org/help-your-childs-gross-motor-skills-with-these-animal-walks/>

YOGA FOR KIDS:

<https://awakeandmindful.com/best-kids-yoga-videos-on-youtube/>

BALL SKILLS:

<https://www.boxofideas.org/ideas/practical-skills-at-home/hobbies-and-leisure/ball-skills/>

<https://theinspiredtreehouse.com/teaching-kids-how-to-catch-a-ball-throw/>

BIKE RIDING:

<https://www.boxofideas.org/ideas/practical-skills-at-home/hobbies-and-leisure/bike-riding/>

<https://www.rei.com/learn/expert-advice/teach-child-to-ride-a-bike.html>

DAILY PE:

https://www.google.com/url?sa=t&source=web&rct=j&url=https://m.youtube.com/watch%3Fv%3DhyBeIN_EgS8&ved=2ahUKEwjinoOs9evoAhVSJzQIHfVGBU8QwqsBMAB6BAgFEAU&usg=AOvVaw0k-BS37RWm4TaT54kCOdB3

**This presenter does a daily PE program to follow along, about 30 minutes a day.



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GENERAL ACTIVITIES/WEBSITES:

<https://www.highlightskids.com/>

<https://organizationaltoast.com/indoor-activities-for-kids/>