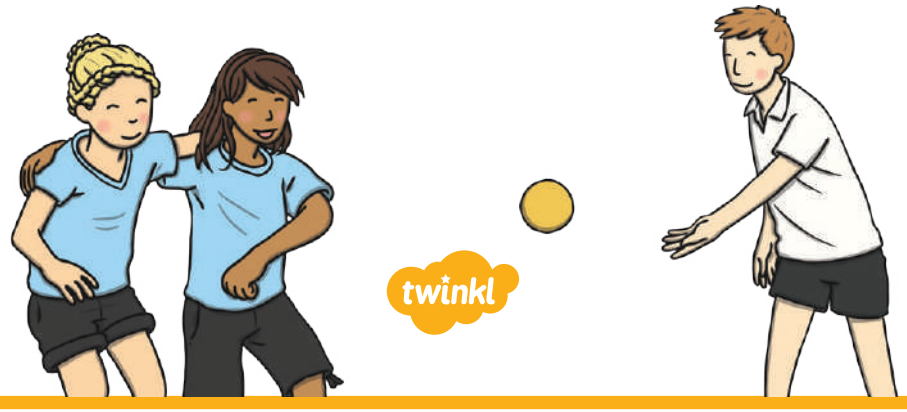
Me and My Name

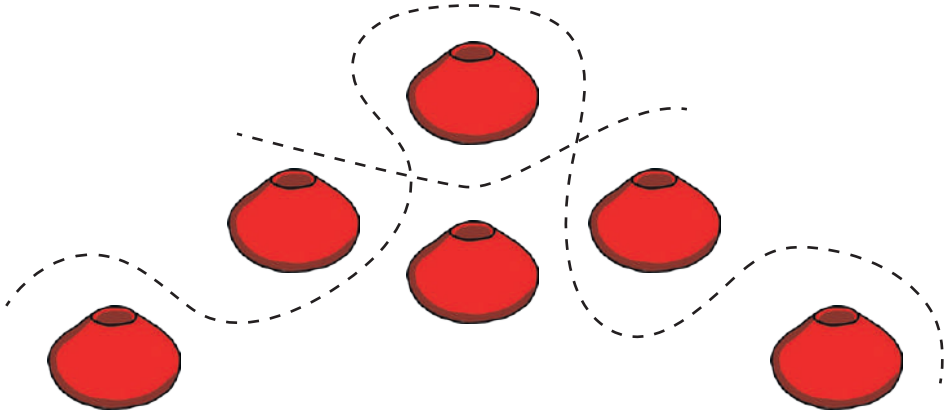
Gross Motor Challenge Cards



How many giant footsteps outside does it take to step all the letters in your name?

Say each letter of your name as your pass a ball to a friend.

Make an assault course in the shape of the capital letter at the beginning of your name.



Me and My Name Gross Motor

Put hoops on the ground in the shape of the letters in your name. Jump in and out of them.

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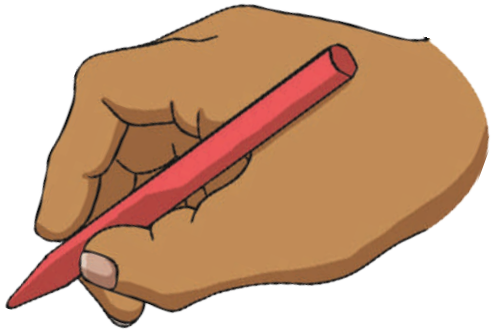
Me and My Name Gross Motor

Write your name really big with chalk on the playground.



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Me and My Name Gross Motor

Work with some friends to make your name, by moving your bodies into the letter shapes.

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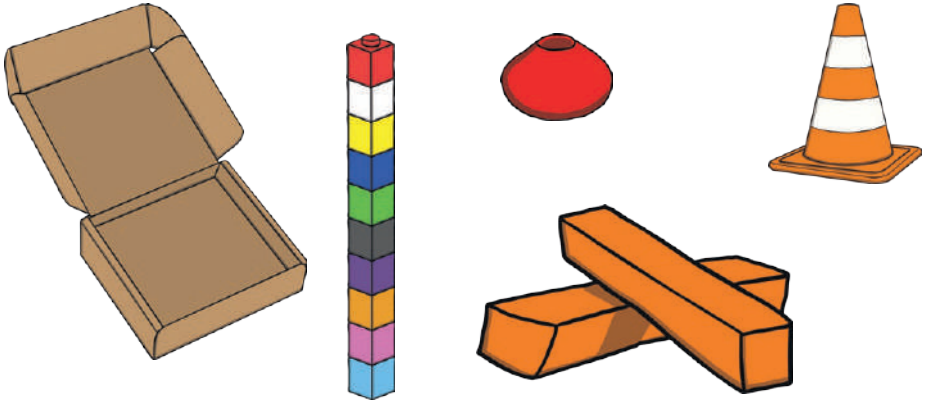
Me and My Name Gross Motor

Choose some materials and create your name with them.



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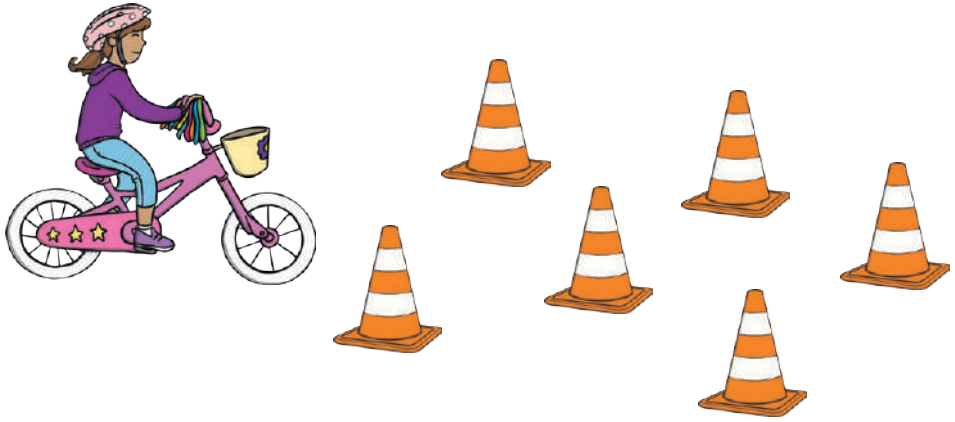
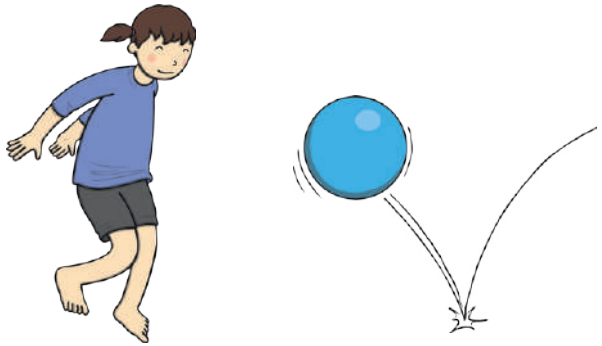
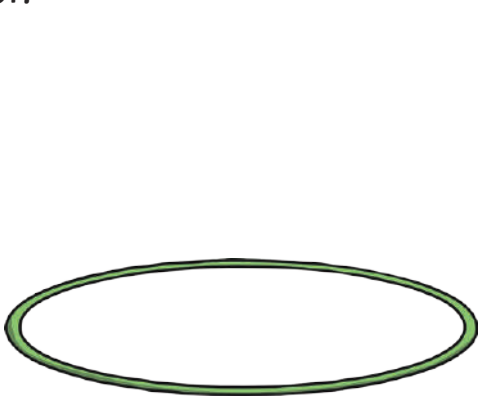
Put cones into the shape of the capital letter in your name and cycle in and out of the cones.



Move around the playground, following the shape of the letters in your name. You could try doing it while tiptoeing, running, stepping sideways or bouncing a ball!



Throw beanbags to a friend or through a hoop and then use the beanbags to make your name on the floor.



Can you follow the lines of your chalk letters on a scooter or a bike?