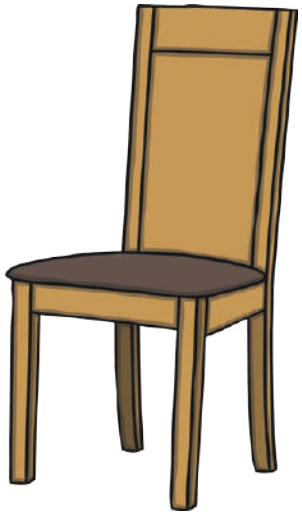
Gross Motor
Activity Cards

Wall Warm Up

Find a wall. How many arm pushes can you do in a minute?

Chair Challenge

Sit on a chair. Hold the side of the chair with each hand. Use your hands to push yourself off the chair!



Shoulder Spirals

Hold out both your arms at shoulder height. From your fingertips, make small circle shapes, starting small and getting bigger until you can make big spiral shapes!

Wonderful Walking

Walk forwards, backwards, eyes open, eyes closed, sideways, on tiptoes, heel to toe and then take giant steps.

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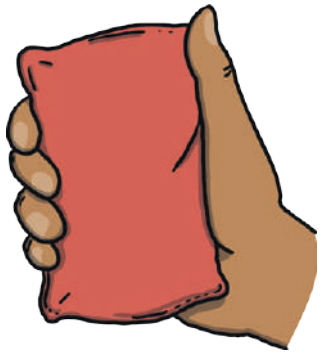
Bean Bag Challenge

How many bean bags can you throw in a hoop, a bucket or at a target? Can you change the distance you throw from?



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Marvellous Mats

Lay out a PE mat. How many different ways can you move across the mat? Can you jump, skip, roll, crawl or slide?

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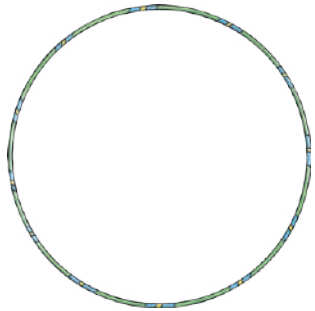
Happy Hoops

Use a hoop. See how many ways you can use the hoop to jump in, hop, skip, spin, throw, crawl, catch, hula-hoop!



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Brilliant Ball Skills

Use balls of different sizes to bounce, throw, catch, roll, kick, score goals, dribble or dribble around cones!

Animal Antics

Use your body to pretend to be different animals:

Snake: slither across the floor

Butterfly: flutter around the room

Elephant: stomp with both feet

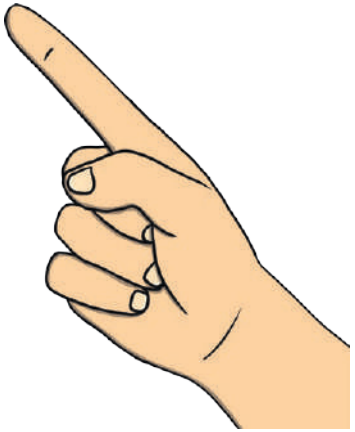
Kangaroo: bounce around

Frog: hop like a frog

Flamingo: stand still on one leg

Cross Crawl

Hold one arm out in front of you with your index finger pointed. Draw the number 8 with one hand. Change arms. Can you draw a number?



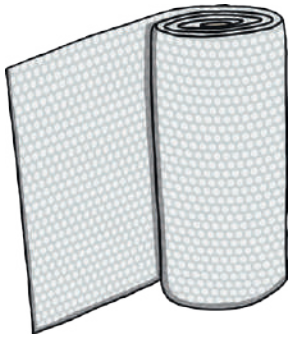
Jumping Jacks

How many different ways can you jump? Can you jump on the spot (small jumps/ big jumps), side to side, star jumps, bunny jumps, backwards, forwards, with eyes open and eyes closed!

Bubble It!

Use a piece of bubble wrap to:

- Walk, hop, crawl or roll along.
- Use a roll of bubble wrap to roll it backwards and forwards.
- Lie on top of a thick roll. Can you move forwards and backwards?



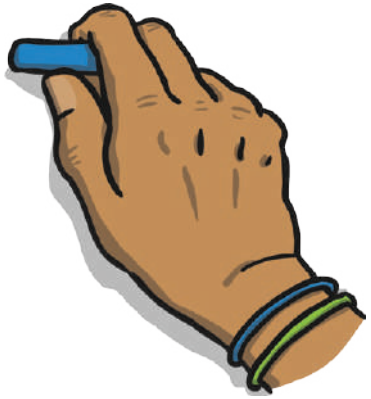
Whirl and Twirl

Use ribbons on sticks to make different patterns in the air.

Can you write letters, numbers, make shapes?

Chalk It!

In an outdoor space, use chalk to make big patterns! Chalk wavy, curly, zig zag lines, numbers or letters. Can you then hop, walk or skip over the lines you have chalked?



Chair Aerobics

At your chair or desk, stand up and see if you can do the following exercises:

- Stretch both hands above your head. Press your palms together for 10 seconds.
- Stretch out your legs in front of you. Place your heel on the ground and lift each leg 10 times.
- Raise your right hand and touch your left shoulder. Repeat 10 times.