



SUMMER OUTDOOR FUN!



Summer is a great time to explore and enjoy gross motor activities outdoors! Here are a few ideas that you can do with your child when out in the warm summer weather!

Playgrounds:



- Climbing: up ladders, walk up the slide;
- Jumping: jump off low structures
- Balance: walk on wiggly bridges; walk on boards around edges of playground
- Strength: run up and down hills; swing, pumping legs; hang from overhead bars

Community walks:

- Balance: walk on lines and cracks in sidewalks, walk on curbs or parking lot dividers
- Jumping: jump over cracks and lines in sidewalks, jump 2 feet together or try hopping on 1 foot, play hopscotch on the sidewalk.
- Strength: animal walks: Move like a crab, bear, frog, bunny etc.



Backyard Fun:

- Bubbles: for tracking and eye hand coordination
- Ball games: kicking a soccer ball and stopping with your foot; kicking at targets/nets.
- Beach balls: hit with a short pool noodle to play soccer/hockey, hit with hands to keep it in the air
- Target throwing: throw water balloons; throw small soft balls into hoops, buckets
- Practice hitting balls with small paddles or play t-ball.
- Strength: dig in the garden for worms! Water the plants with a watering can
- Hula Hoops: jump in and out of, try twisting around body, roll to another to catch.
- Games: Mother May I, Red Light/Green Light, What Time is it Mr. Wolf.
- Obstacle courses: use lawn chairs, pool noodles, hoops to jump over, crawl under, run around, go through, walk on or climb over!
- Sprinklers and pools: run through, jump over, dance in the water! Pools are great to jump and splash, slide into the water and run around to build strength!

