

Transportation Gross Motor Activity

What you will need:

- The game board and position descriptions printed out
- Scissors**
- Bean bag

****Use caution when handling scissors with young children. Use child-safe scissors, supervision, or do the cutting for them, as needed. ****

Directions:

1. Give your child a game board.
2. Cut off the game board.
3. Put the game board pictures on the ground.
4. Throw the bean bag into one of the pictures.
5. Do the position in the descriptions and hold for 5 seconds.
6. Repeat as many times as you want.

Ways to increase difficulty:

- Make a paper dice using the template provided, roll the dice rather than throw the bean bag.
- Increase the time to hold for each position.

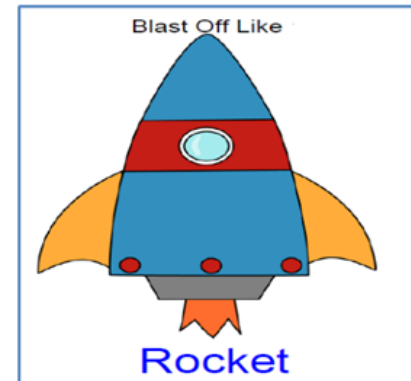
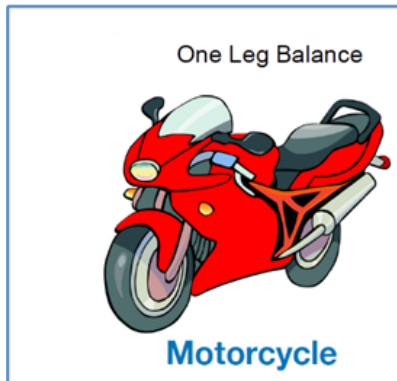
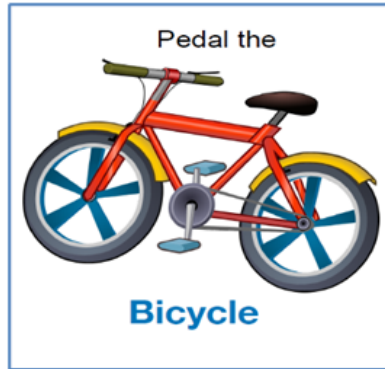
Ways to decrease difficulty:

- Help your child to cut if they have difficulty cutting.
- Decrease the time to hold for each position.

Activity found and adapted from:

<https://www.pinkoatmeal.com/transportation-gross-motor-ideas/>
<http://clipart-library.com/clipart/8czn5XXdi.htm#>

Game Board :



Position descriptions:

- Spin Like a Helicopter:
 - Spin in both directions.
- Pedal Your Bike:
 - Sit in a chair and move your legs or lay on your back and pedal your legs above your head.
- Fly Like an Airplane:
 - Place your arms out to the side and tip back and forth.
- Blast Off Like a Rocket:
 - Squat down and jump.
- Tip Like a Dump Truck:
 - Tip side to side.
- Balance On Your Motorcycle:
 - Balance on one leg, try it on each side.


Template for Dice:

Spin Like




Helicopter

One Leg Balance



Motorcycle

Pedal the



Bicycle

Tip Like



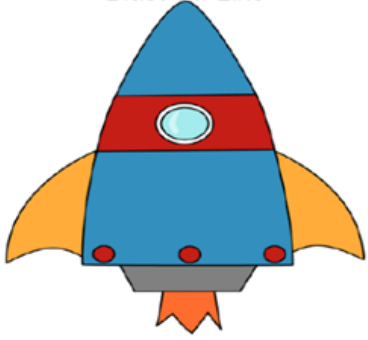
Truck

Fly Like



Airplane

Blast Off Like



Rocket