

GROSS MOTOR ACTIVITIES FOR 4-5 YEAR OLDS

Children need to **move** to learn. With appropriate encouragement at home and at childcare/school, children's skills and confidence can be developed while they are having fun. Through games and activities, children develop physical skills, social skills and cognitive (thinking) skills.

ACTIVITY SUGGESTIONS:

MOVEMENT GAMES:

Four to five year olds should be able to run, jump, climb, gallop, hop and skip.

- Play games such as hopscotch, Simon Says, musical statues (put some music on, move around in different ways, eg stamping, running, jumping, galloping, hopping, skipping, and then "freeze" when the music stops).
- Animal walks (bunny hops, frog jumps, kangaroo jumps, bear walks, donkey kick, crab walks).
- Visit different parks for climbing, balancing and running around. Take a ball to kick, or a bat and ball or Frisbee.



STRENGTH ACTIVITIES

- Jumping, hopping, star jumps, tug-of-war, climbing, swinging on a trapeze, pushing/pulling activities and wheelbarrow walks.

BALANCING GAMES

- Obstacle courses, climbing, stepping stones (eg carpet squares), hopping, walking along lines or tracks drawn with chalk on the driveway, riding bikes or scooters, and playing twister.

EYE/HAND & EYE/FOOT COORDINATION:

- Throwing and catching – larger ball for 4-5 year olds progressing to a tennis ball for 6 year olds.
- Kicking – kick a ball at a target, kick a moving ball and run up and kick.
- Bat/ball games – totem tennis, cricket, hockey and T-ball.
- Aiming games – throw into a box, skittles, quoits, basketball hoop (lower height for young children).

OTHER ACTIVITIES:

- Swimming, gymnastics, dancing, sports suitable for young children (soccer, hockey, Auskick [football]).

