Indoor Gross Motor Skills and Activities

- Crawling or walking over different pillows or blankets.
- Tall kneel walking across the room to complete a puzzle.
- Practice walking like different animals. Need ideas? Check out Animal Actions A to Z.
- Try walking at different speeds – super slow, slow, normal, fast and super fast
- Jog or run in place
- Jump over a piece of paper
- Jump side to side over a shoe lace on the floor
- Jump up and down from a bottom step
- Rip scrap paper in half and jump from paper to paper.
- Play with cardboard boxes. Makes tunnels. Step in and out of the boxes. Try the Box Balance Game.
- Dance party
- Freeze Dance
- Make your body into the shapes of the letters of the alphabet
- Move Like Me – strike a pose and the other person mimics it

Core Strengthening

- Hold superman pose for up to 10 seconds
- Hold snowball crunches for up to 10 seconds
- Crabwalk
  - From a hands and knees position, lift left arm and right leg and hold for 5-10 seconds, then lift right arm and left leg for 5-10 seconds

Stair Training

- Encourage students (with help of adults) to practice stair climbing, in addition to walking on uneven surfaces when possible