

IT'S TIME  
TO  
*Move!*



GROSS  
MOTOR  
GAME

# IT'S TIME TO *Move!* GROSS MOTOR **G A M E**

AGE/GRADE RANGE: Grades 2 and Above

## THERAPEUTIC BENEFIT:

Social Skills: turn taking, waiting for others.

Motor Skills: balance, endurance, core body strength, upper body strength, motor planning.

Academic Skills: basic reading skills, color recognition and matching, counting.

## PREPARING THE GAME:

- Print the gross motor cards double sided.
- Cut out each gross motor task card and sort into piles by color.
- Print game board.
- It will be helpful to laminate these pages.
- You will also need dice and small tokens to use as a game piece for each participant.

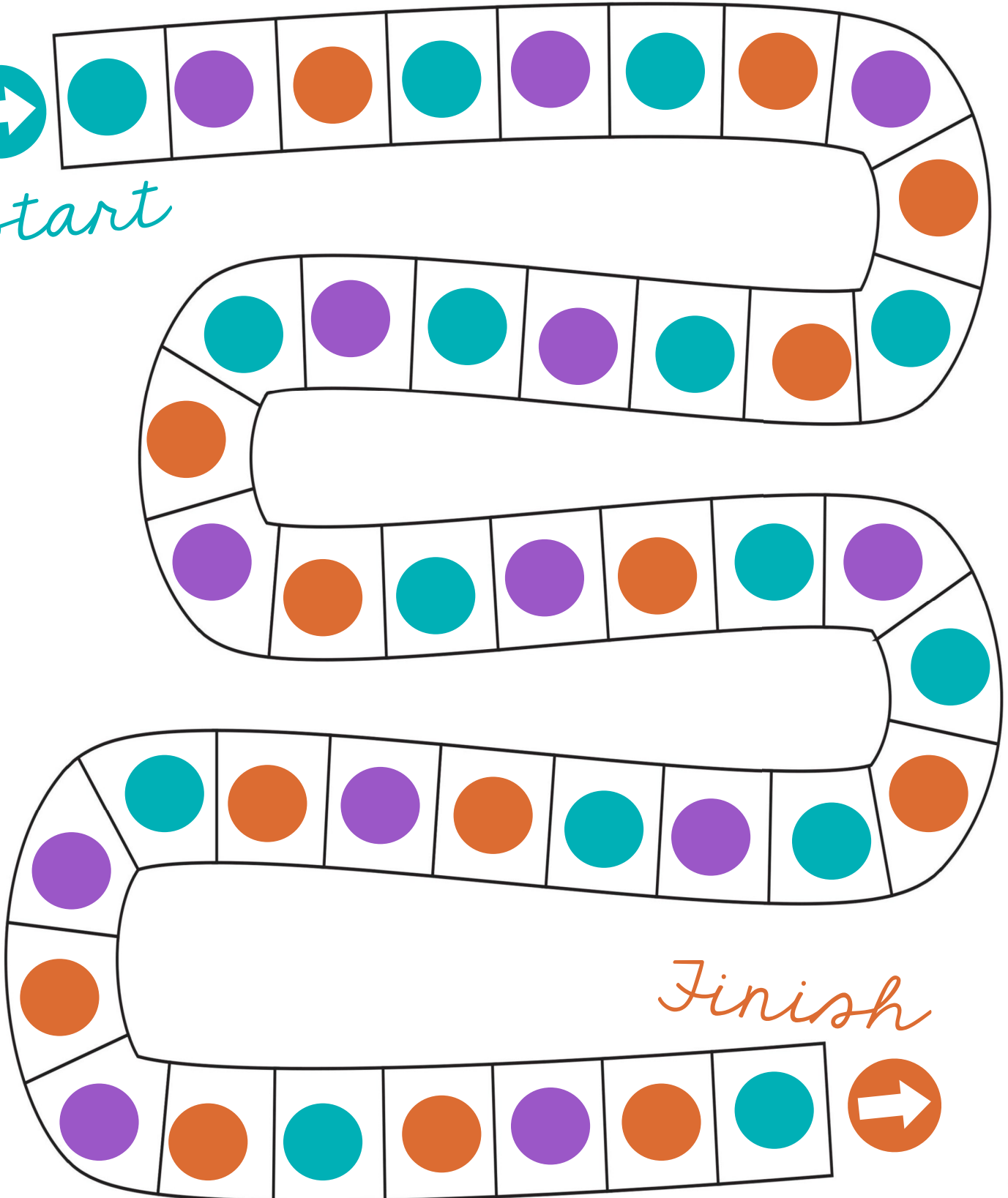
## HOW TO PLAY:

1. Place each token on the "Start" spot.
2. Each child takes a turn rolling the dice.
3. He/she will move the token forward that many times to land on a colored square.
4. Child will pick a card from that colored pile to complete that gross motor skill.
5. The game is over when all students reach the "Finish" spot.

IT'S TIME TO *Move!*  
GROSS MOTOR **G A M E**



*Start*



*Finish*



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



DO 15  
JUMPING JACKS

JUMP  
FORWARD THEN  
BACKWARD  
A TOTAL OF 20  
TIMES EACH

DO THE  
SUPERMAN  
POSE FOR  
10 SECONDS

JUMP STRAIGHT  
UP AND DOWN  
15 TIMES

REACH UP ABOVE  
YOUR HEAD THEN  
TOUCH YOUR  
TOES A TOTAL OF  
15 TIMES

MARCH IN PLACE  
15 TIMES

WALK  
BACKWARDS  
15 FEET

SLITHER LIKE  
A SNAKE  
10 FEET

WALK LIKE  
A BEAR  
15 FEET

WALK LIKE  
A CRAB  
15 FEET

DO 10  
PUSH UPS

DO 15  
WALL PUSH UPS

IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



DO 15  
JUMPING JACKS

JUMP  
FORWARD  
THEN BACKWARD  
A TOTAL OF 20  
TIMES EACH

DO THE  
SUPERMAN  
POSE FOR  
10 SECONDS

JUMP STRAIGHT UP  
AND DOWN  
15 TIMES

REACH UP ABOVE  
YOUR HEAD THEN  
TOUCH YOUR  
TOES A TOTAL OF  
15 TIMES

MARCH IN PLACE  
15 TIMES

SKIP  
15 FEET

HOP LIKE A  
BUNNY  
10 FEET

WALK LIKE  
A GORILLA  
15 FEET

WALK LIKE  
A CRAB  
15 FEET

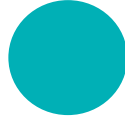
DO 10  
PUSH UPS

DO 15  
WALL PUSH UPS

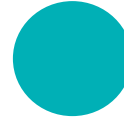
IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



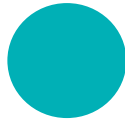
IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



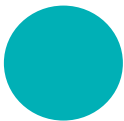
IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



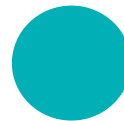
IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME



IT'S TIME TO  
*Move!*  
GROSS MOTOR  
GAME





CLAP YOUR HANDS  
BEHIND  
YOUR BACK  
15 TIMES

WADDLE  
LIKE A  
PENGUIN  
15 TIMES

JUMP LIKE  
A FROG  
5 TIMES

RUN IN PLACE  
15 TIMES

DO 10  
JUMPING  
JACKS

MARCH IN PLACE  
15 TIMES

WALK  
BACKWARDS  
15 FEET

DO 10  
SIT UPS

CLAP YOUR HANDS  
ABOVE YOUR HEAD  
10 TIMES

DO THE  
SUPERMAN  
POSE FOR  
10 SECONDS

DO 15  
JUMPING JACKS

REACH UP ABOVE  
YOUR HEAD THEN  
TOUCH YOUR  
TOES A TOTAL OF  
15 TIMES