

Gross Motor Game Directory

Activity	How to do:	Supplies
Pass the bean bag	<ol style="list-style-type: none"> 1. Sit in a large circle on the colored spots 2. (Play "Pass the bean bag song") https://www.youtube.com/watch?v=n5ickeYY7Pk 3. Have participants pass the bean bags to the beat of the music. Faster and slower, as the music says. 4. Pause the music and have participants freeze and hold the bean bag. 	<i>Need: Bean bags, poly spots, Bluetooth speaker</i>
Red light, green light	<ol style="list-style-type: none"> 1. Line up on one side of the room 2. Have one person hold the paper up. 3. In the center of the gym. 4. Have the lead participant direct the group on the speed that should run. 	<i>Need: Colored papers</i>
Jump to the music	<p>Play the song "Jump to the Music". https://www.youtube.com/watch?v=kcQJDpj5TSY</p>	<i>Need: Bluetooth speaker</i>
Spot Freeze dance	<ol style="list-style-type: none"> 1. Lay the dots all over the ground. 2. Once dance around the gym to get to different spots. 	<i>Need: Speaker, poly spots</i>
Stand up, Sit down song	<p>Play the song "Stand up, Sit down". https://www.youtube.com/watch?v=roD2i7Kl1qo</p>	<i>Need: Bluetooth speaker</i>
Throw the balls thru the hoops	<ol style="list-style-type: none"> 1. Everyone starts at level 1 2. They must stay behind the cone and throw it thru the big hoop before they move to the smaller one. 3. They will move farther back each time. 	<i>Need: Hula Hoops. Balls or bean bags</i>
Parachute Activity	<ol style="list-style-type: none"> 1. Take out the giant parachute. Have all participants spread out. Shake fast, shake slow 2. Shake big, shake small 3. Hold up high, hold down low 4. Put balls in the parachute 	<i>Need: Parachute</i>
Obstacle Course	<ol style="list-style-type: none"> 1. Set up the obstacle course following the laminated sheet in binder. 2. Have staff set up supplies around the room. Following the map. 	<i>Need: Hula hoops, Bean bags, cones</i>
Bean Bag relay	<ol style="list-style-type: none"> 1. Split up the teams in two groups on each side of the gym. 2. Take turns running the bean bag back and forth. 3. Make sure they are giving the other participant eye contact or saying their name as they pass the bean bag to them. <ol style="list-style-type: none"> 1. Walk 2. Run 3. Jump 4. Bear walk 	<i>Need: Bean Bags, possible other balls to pass</i>

	5. Roll	
Roll the dice dribbling	<ol style="list-style-type: none"> 1. Split group into two lines facing each other. 2. One line will roll the dice. 3. The other group will have to dribble that many times. 4. Then rotate in line. 	<i>Need: Two basketballs</i>
Freeze in the circles	<ol style="list-style-type: none"> 1. Put the circles all around the gym. 2. Freeze in the circles when the music stops. 3. Can adapt to have them move different ways to get to the circles. 	<i>Need: Hula Hoops, Bluetooth speaker</i>
Bean bag bop!	<ol style="list-style-type: none"> 1. Pass out a bean bag to each participant 2. Play the bean bag bop song 	<i>Need: Bluetooth speaker</i>
Hula hoop toss	<ol style="list-style-type: none"> 1. Put the hula at different lengths. Like bozo buckets. 2. Bean bags and colored spots 	<i>Need: Hula hoops</i>
Four corners	<ol style="list-style-type: none"> 1. Have one student in the middle and get to choose the number. Once one participant in the correct number they are it! 2. That person gets to choose the number that will choose the next person to be it. 	<i>Need: number cards</i>
Animal cards	<ol style="list-style-type: none"> 1. Use the created cards to have participants pick the animal they would like to act out to get from one side of the gym to the other. 2. Take turns picking for the entire group. 	<i>Need: Animal cards</i>
Color team game	<ol style="list-style-type: none"> 1. Split into 3 teams 2. Each of a different color. 3. We will release all of the balls and the fastest team to collect all the balls of their color and sit will win. 4. Each turn they will have to get the balls a different way. 	<i>Need: All equipment.</i>
Pass the ball relay	<p>Split up into two groups on each side of the gym. Take turns running the ball back and forth.</p> <ul style="list-style-type: none"> • Walk • Run • Hands • Feet • Partner • STAFF ONLY • Participants ONLY 	<i>Need: Balls</i>