

## Gross Motor Game Board Directions:

### Directions:

1. Have child roll a die and move their marker that number of spaces.
2. Have child complete the motor skill identified on the game board space. Adult will provide the necessary direction.
  - See the gross motor body action pages for body action directions. This page should be previously completed by the adult with the number of repetitions indicated for each action.

OR

- Have child roll the die a second time to determine how many times to complete the body action.

**NOTE:** Laminate all pages for increased durability and easy reuse of body action pages with the ability to use dry erase tools for repetition changes.

## Gross Motor Body Actions



Perform \_\_\_\_\_  
squats.



Perform \_\_\_\_\_  
one leg hops.



Perform \_\_\_\_\_  
leg stretches.



Perform \_\_\_\_\_  
push-ups.



Perform \_\_\_\_\_  
jumping jacks.



Perform \_\_\_\_\_  
lunges.



Perform \_\_\_\_\_  
toe touches.

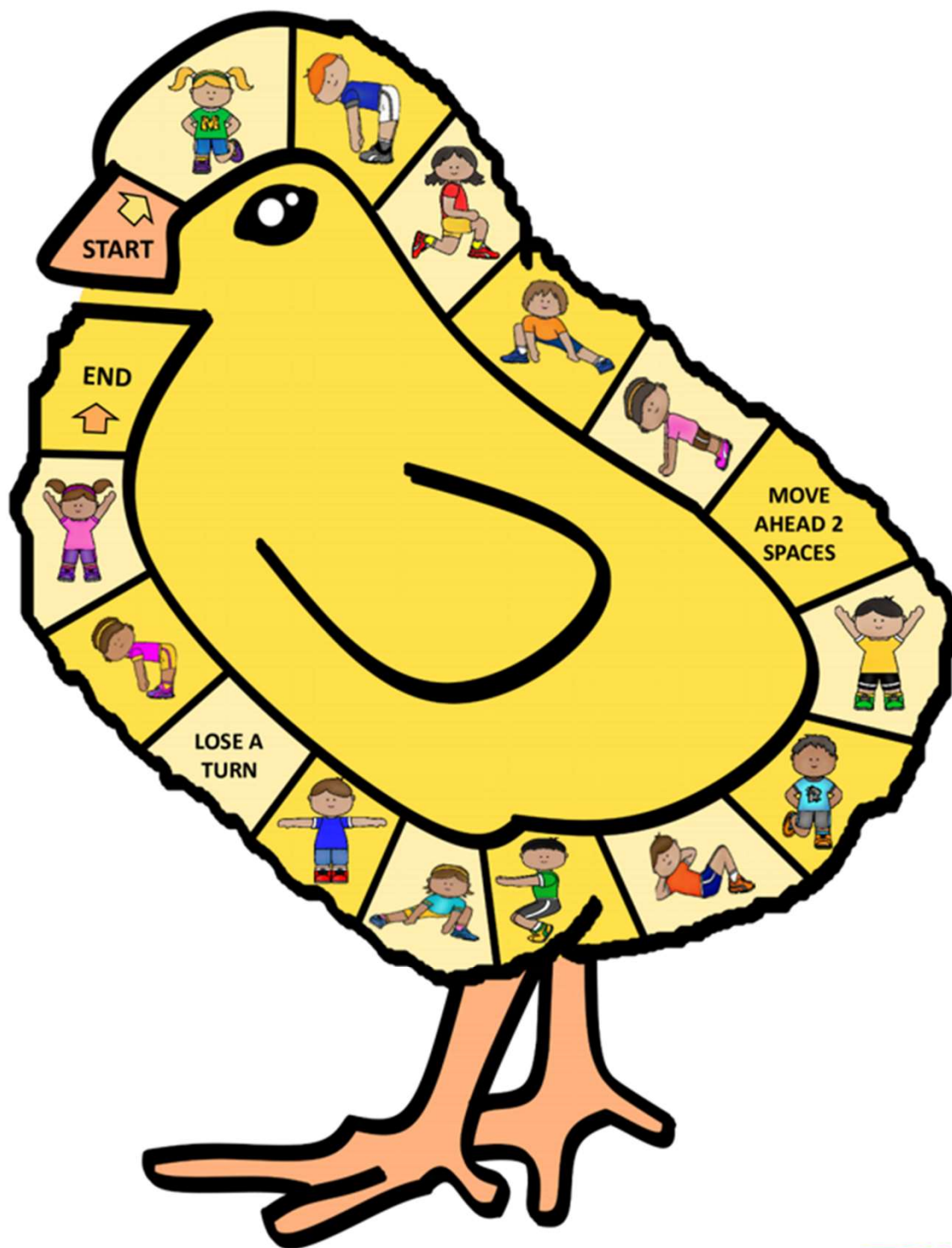


Perform \_\_\_\_\_  
sit-ups.



Perform \_\_\_\_\_  
arm circles.

# GROSS MOTOR CHICK



# GROSS MOTOR BOMMERFLY

