

Indoor Large Motor Play

Laser maze - Works best in a hallway, but a door frame can work for a shorter obstacle. Using painter's tape, streamers or yarn, web it between the walls or door frame. Have children walk through without touching the tape.



Ball toss - Use softballs or bean bags and baskets or boxes. Arrange the boxes in a straight line. Have children take turns hitting the target. You can also use a staircase and have a box on each step, for older children use different size boxes to challenge them.

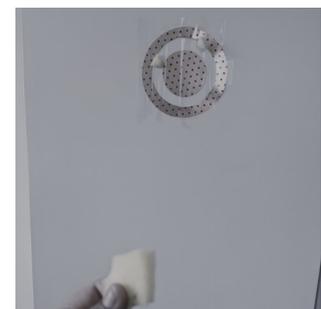


Movement dice - Create a die with different movements shown on each side. Have children do the movement they roll or do a sequence of movements based on several rolls. For an added challenge, add a second die with numbers on each side for the number of times they must repeat that move. Simply print the pattern below, draw the movements, cut and fold the pattern into dice and start playing!

Hopscotch - Using painters tape or washi tape create your version of a hopscotch board.



Sticky wall - Place contact paper or thick tape on a wall, sticky side out. Have children throw pompoms or balls of paper to the target. For younger children, lower it down and allow them to place items on the sticky side.



Ball race - using a box and a few balls, cut out holes on the bottom of a box, then have children then move the box allowing the ball to fall through. For older children, have them work with a larger box in teams, or create many holes and ask the children to try to keep the ball from falling through a hole.



Bubble wrap road - Lay a path of bubble wrap on the floor and have children use balls or cars on the road. For younger children, have them walk or crawl on the bubble road.

Balancing course - To work on balance, have children hold a spoon with a ball or pompom, then walk, jump, skip, to the other side of the room. Try a paper plate on their head, or holding toilet paper roll with a ball on top for extra challenge.



Magnetic fishing - Create a simple magnetic fishing game with paper clips or bobby pins, paper or felt, straws and a magnet. Have children take turns fishing

