

Gross Motor Alphabet

- A** Jump up and down 10 times
- B** Pretend to jump with a skipping rope for a count of 20
- C** Hop on one foot 5 times
- D** Pretend to sit on an invisible chair 5 times (sit then stand, sit then stand ...)
- E** Do 10 jumping jacks
- F** Hop like a frog 8 times
- G** Walk backwards 5 steps and skip back
- H** Walk like a bear for a count of 5
- I** Balance on your left foot for a count of 10
- J** Hold the plank position for a count of 12
- K** Crawl like a crab for a count of 8
- L** Pretend to ride a horse for a count of 15
- M** Bend down and touch your toes 20 times
- N** Draw an invisible race track in the air 12 times (∞)
- O** Balance on your right foot for a count of 10
- P** Do 5 push ups
- Q** Flap your arms like a bird 25 times
- R** Walk sideways for 5 steps and hop back
- S** Hold both hands in front (prayer position) and press as hard as you can for a count of 12
- T** Pretend to pedal a bike with your hands for a count of 18
- U** Try to touch the clouds for a count of 20
- V** Reach behind you and hold your left foot with your right hand without falling
- W** Do 10 spotty dogs
- X** Do the strangest dance you can think of
- Y** Cross crawl - tap opposite hand to knee while marching
- Z** Reach behind you and hold your right foot with your left hand without falling