

30 Days of Gross Motor Activities



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

- 1 Hopping through hula hoops
- 2 Tin can bowling
- 3 Water balloon toss with targets
- 4 Animal yoga poses
- 5 Climbing
- 6 Bedsheet parachute game
- 7 Walk on 'balance beams' (planks or tape)
- 8 Balloon volleyball
- 9 Cushion walk or crawl
- 10 Ring toss with cones

- 11 Chase and pop bubbles
- 12 Balloon hockey
- 13 Dancing
- 14 Laundry basket push game/race
- 15 Towel tug of war
- 16 Hopscotch
- 17 Fill the bucket sponge and water relay
- 18 Play tag
- 19 Jumping on a trampoline
- 20 Broomstick limbo

- 21 Balloon catch with funnel or cups
- 22 Scavenger hunt
- 23 Water fight
- 24 Balloon tennis with paper plates
- 25 Obstacle course
- 26 Frisbee toss tic-tac-toe
- 27 Milk jug ball toss
- 28 Pool noodle croquet
- 29 Play Twister
- 30 Water balloon pinatas