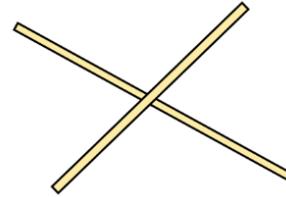




# Gross Motor Skills

## Using Floor Tape



**Information:** Gross motor skills are large movements of our body, including the movement of our arms, legs and trunk of our body. Using a balance beam to play can be a fun way to work on our balance and gross motor skills on our own or by playing with a friend 😊



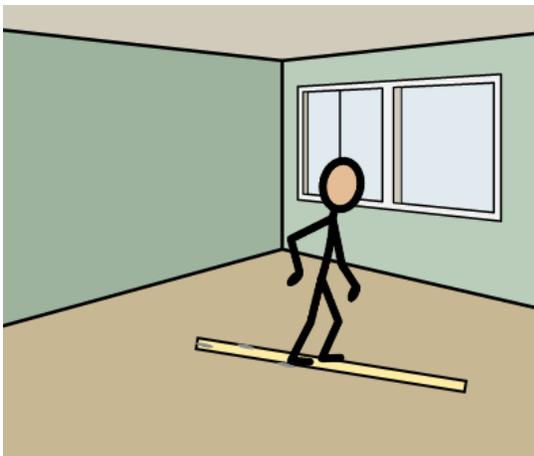
### Before you begin...

You will need to have some kind of tape to place on the floor. Paint tape is good to use as it is generally easy to remove and does not mark up the floors. The length of the tape used could be anywhere from 4-8 feet, depending on the activity and your preference.

### 1. Tandem walk: (6-8 feet recommended)

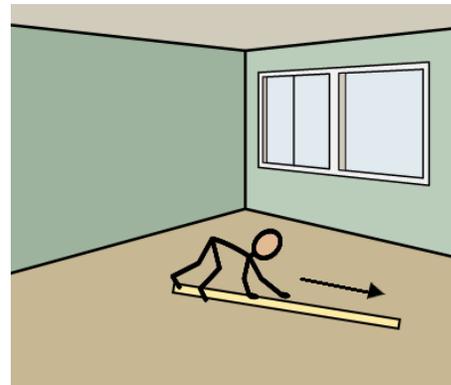
Place 6-8 feet length of tape on the floor. Start at one end of the tape. Walk along the tape as if you are walking on a balance beam. When placing one foot in front of the other, try touching the back of your heel of one foot to the front of your toe of the other foot. If you lose your balance, try again! Once you make it to one end of the tape, try walking along the tape backwards.

Walk to one end and back up to 10 times. This can be done on a daily basis.

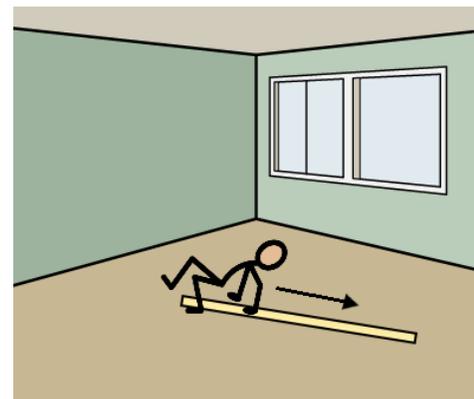


### 2. Animal walking:

Bears walk on all four limbs! Try doing a bear walk from one end of the tape to the other. Once you get to the other end, turn around and go back.



To walk like a crab, start off sitting with your legs out in front of you and lean back on your hands. Push up through your feet and hands, lifting your buttock up off the ground, and start walking backwards/towards your hands to get to the other end of the tape!

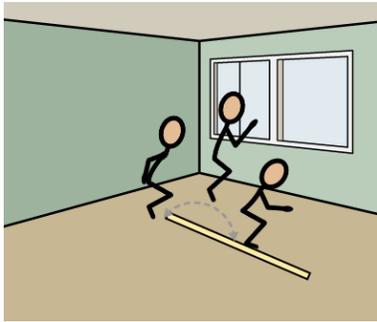


For both animal walks, try going back and forth 3-5 times. This can be done on a daily basis.

### 3. Broad jump: (4-8 feet)

Place 4-8 feet of tape on the floor. Start at one end of the tape. With both feet on the floor, jump as far as you can, swinging your arms to help you go further. Once you land with both feet, you can use a pencil to mark on the tape where you landed. See how far you can jump without falling over!

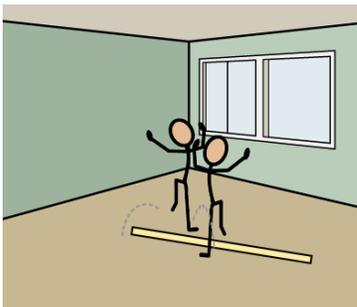
Try 10 times and can be done on a daily basis.



### 4. Lateral hopping: (6-8 feet)

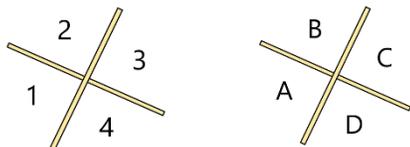
Place 6-8 feet of tape on the floor. Start at one end of the tape on one side and hop using the outside leg to get to the other side. Hop off of the other foot to get back to the other side and work your way down to the other end of the tape!

Try going back and forth 3-5 times!



### 5. Box hopping: (two strips of ~3 feet)

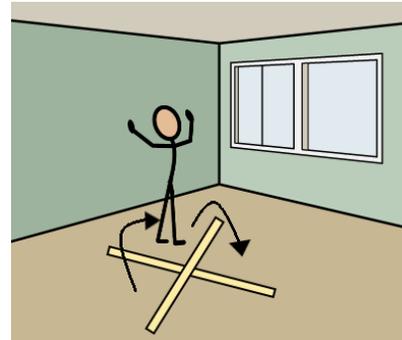
Place two strips of ~3 feet of tape on the floor in a "+" sign-like shape. This will create four quadrants; which, you can label (physically or verbally) as 1, 2, 3, 4 or A, B, C, D if you like!



### 5a. Hopping with both feet:

Standing with both feet in section "1" or "A", jump/hop to section "2" or "B", landing on both feet. Then hop to section "3"/"C", and lastly "4"/"D" to complete your way around the box!

Try going around the box 3-5 times in one direction, and then again 3-5 times in the other direction! (1,2,3,4 and then 4,3,2,1 for example)



### 5b. Hopping on one foot:

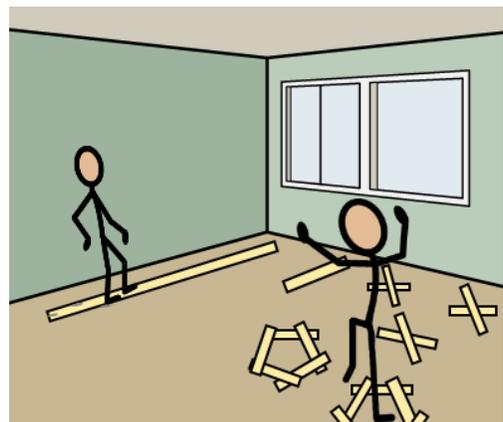
Stand on one foot in section "1"/"A", and try hopping around the box on one foot in the same pattern as above! Both activities can be done on a daily basis.

Extra challenge – switch it up and try hopping from 1 to 3, then hop to 2 and then 4! So 1, 3, 2, 4 or A, C, B, D!

### Extra Activities:

#### Lines, X's and O's:

Get creative and make an obstacle course! Use long line of tape to walk along, short lines to jump over, X's to hop to using both feet, and O's to hop to using one foot! This can be played anytime, every day!



***If you have any questions, please contact the physiotherapist at MFNERC.***