

3-6 YEAR OLD

GROSS MOTOR

3 years

3 year olds are getting stronger and stronger

- Let them attempt to ride a tricycle
- Play a game like Red Light, Green Light

4 Years

4 year olds are starting to explore the world

- Create a small obstacle course
- Use a sheet to play Parachute outside

5 Years

5 year olds are building their confidence with climbing and hopping

- Play hopscotch outside
- Take them to the park, where they will climb and use stairs

6 Years

6 year olds are playing independently and with their friends

- Play catch with a ball
- Let them try to play kickball with friends or family

Extras

This age group is up and moving!

- Try utilizing the outdoors as much as possible (hiking, outside games, chalk, etc.)

Increasing the difficulty of obstacle courses is an amazing gross motor and creative activity

