

6-9 YEAR OLD

GROSS MOTOR

Sports

- 6-9 year olds are developing their coordination
- Let child participate in games (soccer, tennis, basketball)
 - Sign them up for lessons or community teams

Cycling

- 6-9 year olds have better balance, and endurance
- Teach your child to ride a bike or scooter
 - Go on weekly trail rides as a family

Coordination

- 6-9 year olds are learning to engage large muscle groups
- Have an indoor dance party or take a dance class
 - Make a homemade obstacle course or fort using pillows and blankets

Outdoor

- 6-9 year olds are creative and resourceful
- Draw a hopscotch board using chalk and play the game
 - Create a balance beam and walk heel-to-toe (make it fun by playing pirates- walk the plank)

Creativity

- 6-9 year olds can follow more complex commands
- Play Simon or walk like different animals
 - Toss water balloon or hot potato

