















# Gross Motor Skills (GMS)

## Animal Actions

The following fun gross motor activities can help improve your pupils' core strength, control and endurance in preparation for handwriting.

<p>KEVIN THE KANGAROO SAYS: "JUMP UP AND DOWN."</p>	<p>COLIN THE CRAB SAYS: "WALK SIDEWAYS."</p>	<p>FRAN THE FLAMINGO SAYS: "STAND ON ONE LEG AND NOW THE OTHER LEG."</p>	<p>CHARLIE THE CAT SAYS: "STRETCH UP AS FAR AS YOU CAN."</p>	<p>CORA THE COW SAYS: "MILK A COW."</p>	<p>SACHA THE SNAKE SAYS: "SLITHER ALONG THE FLOOR."</p>	<p>BORIS THE BEAR SAYS: "WALK ON ALL FOURS."</p>
						
<p>Two-footed standing jump with waving arms.</p>	<p>Take side steps one way, then the other.</p>	<p>Balance on left foot, then balance on right foot.</p>	<p>Stretch up and try and touch the ceiling.</p>	<p>Move arms up and down in milking action.</p>	<p>Lie down and wriggle along the floor.</p>	<p>Move around on hands and feet.</p>
<p>HANS THE HORSE SAYS: "TROT AROUND THE ROOM. NOW GALLOP."</p>	<p>OLGA THE OSTRICH SAYS: "TAKE GREAT BIG STEPS."</p>	<p>ENOCN THE ELEPHANT SAYS: "LIFT ME UP."</p>	<p>FATIMA THE FROG SAYS: "HOP UP AS HIGH AS YOU CAN."</p>	<p>PEDRO THE PUPPY SAYS: "CHASE YOUR TAIL ROUND AND ROUND."</p>	<p>PIPPA THE PENGUIN SAYS: "WADDLE FROM SIDE TO SIDE."</p>	<p>BILLY THE BLACKBIRD SAYS: "FLAP YOUR ARMS UP AND DOWN."</p>
						
<p>Jog, lifting knees high then run faster.</p>	<p>Take long strides around the room.</p>	<p>Pretend to lift up a heavy object.</p>	<p>Hop on one leg, then on the other leg.</p>	<p>Spin around on the spot.</p>	<p>Stand straight and tilt from left to right.</p>	<p>Raise arms up and down, palms facing down.</p>