

## **I. GROSS MOTOR**

Stand/sit	Walk sideways	Bounce ball
Hop	Walk backward	Kick
Turn around	Balance beam	Rhythm
Climb ladder	Play catch	Wheel toys
Run	T-ball	Tricycle
Two-footed jump	Somersault	Bicycle
Swing	Dance	Jump rope
Stand on one foot	Surfing	Bowling
Skip	Gallop	Skating
Shoot baskets	Volley with balloon	Skiing
Throw bean bag		Ice skating

## **II. FINE MOTOR**

String beads	Draw with chalk on sidewalk
Turn doorknob	Cut with scissors
Fold paper	Sticker books
Puzzles	Roll clay
Paper punch	Pinch clothespins
Pouring	Use ruler to draw line
Pasting	Shovel into pail
Put object in/out of container	Pegboard