



Movement Dice

Guide for Families

Learning Objectives

What you need to know:

Motor skills are important for a young child's development. When children practice their **gross motor skills**, or large muscle movements, they gain control over their bodies and their movements, build strong muscles, and gain coordination and balance. Help children practice these skills by encouraging them to get moving by running, jumping, skipping, hopping and much more!

What you will do and learn:

You will practice engaging in gross motor play with the child. By rolling dice to see what movement to try, children will learn and practice many ways to move their big muscles.

Instructions

1. Pick up one die. (A **die** is the singular form of dice.)
2. Roll to see what movement to try. Use the "Motor Movements" handout to find out which movement you will do. Encourage the child to practice moving in that way.
3. See if you can practice all six movements.
4. Try creating a movement pattern by putting two movements together and repeating them (for example, jump, march, jump, march). If you wish, roll two dice and use those combinations.
5. Take a "Move at Home" card.
6. Decide which actions you want to practice at home and write them down.
7. Take the card and one die home to continue practicing gross motor skills.

Movement Dice

Motor Movements Handout



Jump.

Jump up with both feet. Try to land with both feet together. Try jumping 10 times in a row.

Challenge Movement:

Try jumping on one foot ten times.



Skip.

Take a step and then hop with your left leg. Then take a step and hop with your right. Try skipping in a circle.

Challenge Movement:

Every time you hop, clap your hands.



March.

Lift up your legs one at a time with bent knees while swinging your arms. Try to get your knees up high!

Challenge Movement:

Point your toes to the ground when you lift your knees high.



Balance on one foot.

Lift up one foot and try to balance without falling over. Try hopping on one foot.

Challenge Movement:

When you lift one foot, also lift one arm high above your head.



Walk along a line.

Walk by placing one foot in front of the other on top of the tape on the floor. Try to balance all the way to the end.

Challenge Movement:

Try putting your arms down at your side, put your arms straight out in front of you or lift your arms high above your head as you walk.



Gallop.

Step forward on your left leg, then rock back on your right leg. Repeat this movement until you are galloping like a horse.

Challenge Movement:

Also, move your arms like you are holding the reigns of a horse.



Movement Dice

Move at Home Handout



Instructions: Use this card to write in your own movements to practice at home.



Movement 1:



Movement 2:



Movement 3:



Movement 4:



Movement 5:



Movement 6:
