

Take & Make

MASKING TAPE



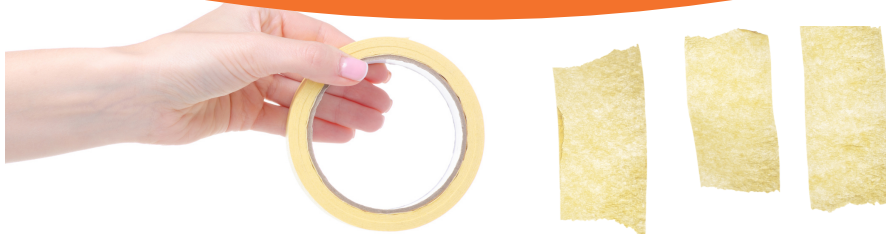
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Large muscle movement is called gross motor and includes jumping, running, hopping, walking, throwing, and crawling. Gross motor skills help with staying healthy, core strength, and learning to control our bodies:

- Tape a straight line onto the floor. Can your child walk on it without losing their balance? What about a zigzag line? Design a whole course together.
- Make a 'spider web' across a door frame. Throw crumpled pieces of paper at it. What sticks?
- Make life size spider web obstacle course to crawl through. Can they get through without touching the tape?

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