

GROSS MOTOR SUMMER FUN!



AUGUST 2022



| Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|---|---|---|--|---|---|--|
| 1 GO FOR A FAMILY WALK! | 2 SIDEWALK CHALK FUN! DRAW AN OBSTACLE COURSE. | 3 FIND A FRIEND AND PLAY SOCCER! | 4 BOWLING! SEE INSTRUCTIONS BELOW. | 5 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 6 HOW LONG CAN YOU STAND ON 1 FOOT? CAN YOU GET TO 10 SECONDS YET? | 7 GO SWIMMING OR PLAY IN THE SPRINKLER! |
| 8 PLAY RED LIGHT/ GREEN LIGHT! | 9 LEARN A NEW YOGA POSE (OR MAKE ONE UP)! | 10 FIND SOME FRIENDS AND PLAY TAG! | 11 GO SWIMMING OR PLAY IN THE SPRINKLER! | 12 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 13 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES. | 14 GO ON A NATURE WALK! WHAT DID YOU SEE? |
| 15 HAVE A WATER BALLOON BATTLE! | 16 BOWLING! SEE INSTRUCTIONS BELOW. | 17 SHOOT SOME BASKETS! IF YOU DON'T HAVE A HOOP, USE A BOX | 18 SIDEWALK CHALK FUN! DRAW AN OBSTACLE COURSE. | 19 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 20 GO SWIMMING OR PLAY IN THE SPRINKLER! | 21 GO TO A PARK! |
| 22 FIND A HILL AND RUN UP IT AND ROLL DOWN IT! | 23 PLAY RED LIGHT/ GREEN LIGHT! | 24 BUBBLE FUN! USE DIFFERENT BODY PARTS TO POP BUBBLES. | 25 GO SWIMMING OR PLAY IN THE SPRINKLER! | 26 PLANK CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? | 27 BOWLING! SEE INSTRUCTIONS BELOW. | 28 HAVE A WATER BALLOON BATTLE! |
| 29 GO FOR A FAMILY WALK! | 30 FIND A FRIEND AND PLAY CATCH! | 31 GO TO A PARK! | <i>Bowling! Find what every you can that is easy to knock down. Water bottles, cups, stuffed animals. Line them up however you want. In a line, scattered. Stay low to the ground and roll away.</i> | | | |