

Amaze Your Brain *at Home!*

EXPERIMENTS

**ALL
AGES**

QUARANTINE COURSE

Each of these activities is designed to get children up and moving while also strengthening gross motor skills. Children completing these obstacle course moves will work on body awareness (what the body can do) and spatial awareness (where the body moves). Kids will walk, squat, hop, twist, and jump from start to finish.

MATERIALS

- Sidewalk chalk (this could also be done indoors with tape)



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QUARANTINE COURSE

ZIG-ZAG WALK

Create a zig-zag line for your child to walk/run on.



FROG JUMP

Draw outer circles for feet, and inner circles for hands. Have children start squatting in a frog position, and jump to frog position on the next set of circles.



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QUARANTINE COURSE

RIGHT FOOT/LEFT FOOT HOP

Use different colors of chalk to draw circles for right foot and left foot hops. Try 3 right foot hops followed by 3 left foot hops.



JUMPING JACKS

Draw an X on the ground for jumping jacks. You can practice counting by labeling how many jumping jacks, or have children do one jack on each X.



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HOPSCOTCH

Draw a hopscotch court on the sidewalk. Children should jump in single squares with one foot, and side-by-side squares with one foot in each square.



TWIST

Draw a spiral on the ground for children to turn or spin on. Encourage children to try to spin in one place.



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ON NEXT PAGE



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QUARANTINE COURSE

BALANCE BEAM

Draw two lines on the ground for children to walk on, forwards or backwards. For older children, draw lines that are closer together.



LONG JUMP

Draw a starting line for children to stand on, and marker lines to try to jump across. Try to jump further each time you jump!



CONTINUED ON NEXT PAGE



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TIP-TOE WALK

Draw small stars or X's on the ground, close together for kids to tip-toe across. Encourage them to step on every star!



SIDE-STEP

Have children walk along a path, taking a step to the side with the left foot, then closing the step with the right foot, but not crossing over. Try changing directions to lead with the right foot. You may want to use arrows to show your child which direction to face.



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