

Superhero Training Gross Motor Checklist

Gross motor activities are a great way to get our bodies moving and provide sensory input. Performing exercise before a stationary task, such as writing or reading, can help our bodies remain calm and focused during the activity!

What you'll need:

- Superhero Training Checklist (provided below)
- A pen or pencil

Directions:

1. Print out the Superhero Training Gross Motor Checklist provided below.
2. Starting today, Monday, have the child perform 4 movements per day before engaging in a stationary task.
3. When each exercise is completed, check it off the list.
4. By Friday, the entire list should be completed.
5. This list of exercises can be used whenever a child has extra energy or is desiring sensory input.

Ways to increase difficulty:

- Have the child perform more than 4 exercises per day. If you run out of exercises, redo some from previous days!
- Increase the number of repetitions for each exercise.

Ways to decrease difficulty:





















- Model the exercises for the child.
- Decrease the number of repetitions for each exercise.
- Modify the exercises as needed to meet the child's needs.

Activity found at:

https://www.yourtherapysource.com/files/Superhero_Action_Verb_Challenge_Frebie2.pdf

Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

<input type="checkbox"/> balance on one foot for 10 seconds 	<input type="checkbox"/> bend and touch your toes 10x 
<input type="checkbox"/> crawl forward for 10 feet 	<input type="checkbox"/> curl your body up and hold for 10 seconds 
<input type="checkbox"/> gallop for 10 steps 	<input type="checkbox"/> hop on one foot 10x 
<input type="checkbox"/> jump in place 10x 	<input type="checkbox"/> kneel up tall for 10 seconds 
<input type="checkbox"/> leap forward 10x 	<input type="checkbox"/> roll in a straight line for 10 feet 
<input type="checkbox"/> run in place for 10 seconds 	<input type="checkbox"/> sit and then stand up 10x 
<input type="checkbox"/> skip forward 10x 	<input type="checkbox"/> slide to the right 10x <input type="checkbox"/> slide to the left 10x 
<input type="checkbox"/> stomp your feet in place 10x 	<input type="checkbox"/> straighten your body and hold for 10 seconds 
<input type="checkbox"/> stretch your legs for 10 seconds 	<input type="checkbox"/> twist your body to the right and left 10x 
<input type="checkbox"/> walk backwards for 10 steps 	<input type="checkbox"/> wiggle your body for 10 seconds 

Go to www.YourTherapySource.com/superhero for the complete download