

# Fine & Gross Motor Activities

## ABC Sensory Motor Fun

All Ages & Abilities

May 6, 2020



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## Sensory Motor Fun

### Objective/Learning Target:

Learning alphabet, name spelling and recognition, practice spelling and sight words, sensory motor based fun, motor planning, balance, core strengthening

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## Sensory Motor Fun



Let's Get Started:

[Workout to the Letter Sounds](#)



### HOW TO PLAY THE GAME:

1. Identify a word or name to spell, for example, S P R I N G.
2. Do the actions that correlate with the letters S P R I N G.
3. If your child is unable to do an activity, even with assistance, then change it to something they can do.



# Fit Activity for Kids

## WHAT'S YOUR WORD?

*Do this:*

S - Skip

**A** - Flap your arms like a bird

**B** - Walk like a bear

**C** - Jump down from a step

**D** - Crawl on hands and knees

**E** - Do jumping jacks

**F** - Jump like a frog

**G** - Gallop like a horse

**H** - Hop on one foot

**I** - Spin in a circle

**J** - Jump like a bunny

**K** - Kick a ball

**L** - Balance on your left foot

**M** - March around the room

**N** - Crawl under a table/chair

**O** - Balance on your right foot

**P** - Do a wall push-up

**Q** - Jump forward

**R** - Roll on the floor

**S** - Skip

**T** - Touch your toes

**U** - Throw a ball at a target

**V** - Walk sideways

**W** - Walk backward

**X** - Try to touch the clouds

**Y** - Walk on your knees

**Z** - Crawl like a crab

P - Do a wall push-up

R - Roll on the floor

I - Spin in a circle

N - Crawl under a table or chair

G - Gallop like a horse