

Puddle Jumping

A rainy day gross motor play activity

Purpose / Key words: gross motor, motor planning, visual perceptual.

Age range: K- grade 2, grade 3-5

Materials:

- paper or paper plates (20-25 pieces)
 - Use blue or white construction paper
 - Paint the plates (optional)
- Marker(s)
- Space free of clutter to jump around



Instructions:

- Set up paper/plates around the room, close enough to hop from one to the other
- With two feet together, the child can jump from puddle to puddle
 - Play some music in the background, or sing some songs to make the activity even more fun; “rain rain go away”, “ABCs”

Activity Modification:

To add a learning aspect to the activity, add:

Letters: Mark each plate with a letter, and instruct the child to hop in alphabetical order, or from letter to letter mixing it up as they go along

→ *letter recognition, scanning and tracking*

- Can use lowercase or uppercase letters, or a mix of both
- To practice letter formation and handwriting, the child can label each plate with a letter before the start of the activity
- On each letter, the child can name one word that starts with that letter

Colors: Use various colored pieces of construction paper, or paint each plate a different color, instructing the child to hop to different colors

→ *color recognition*

- On each color, the child can name 1-2 items that are that color (animals, toys, foods, etc)

Numbers: Mark each plate with a number, and instruct the child to hop in numerical order, or in a random order to identify different numbers as they hop

→ *number recognition, counting*

- On each plate the child lands on, they have to complete an action that # of times
i.e. ‘5 jumping jacks’ ‘hop on 1 foot 10x’
- Keep the numbers simple (1-10 or 20) or make them more complex (56, 78, 102, 323, etc.)