



Rainbow Gross Motor Maze

Choose a color and follow the maze, completing the action on each colored dot. Then start again with a new color!

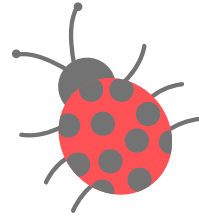
Start	Start	Start	Start	Start	Start
Walk on a line	Jump in place	Downward dog	Cross march	Log rolls	Squat jumps
Tree pose	Wheelbarrow walk	Jump forward	Walk backwards	Sit to stand	Bridge
Stand on one foot on a pillow	Inchworms	Catch a ball or beanbag	Jump down from a surface	Step ups	Plank
Hop on one foot	Crab walks	Hop on one foot	Jumping jacks	Donkey kicks	Wall sit
Plank pose	Stand on one foot with eyes closed	Hop forward on one foot	Hopscotch	Wheelbarrow walk	Toe raises
Finish	Finish	Finish	Finish	Finish	Finish

Spring Gross Motor Sequences

Refer to the movement key below for the following pages.



5 jumps



Crab walk



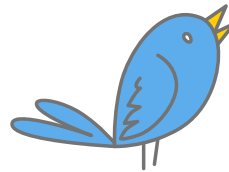
5 hops



5 spins



5 lunges



5 squat jumps



5 stomps



Tree pose



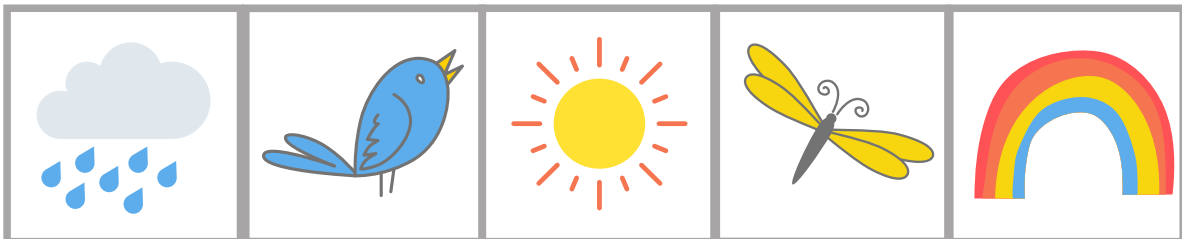
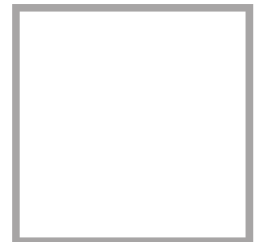
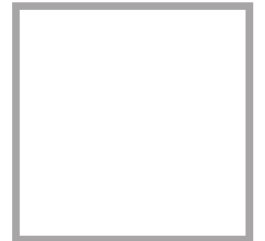
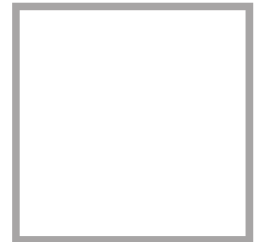
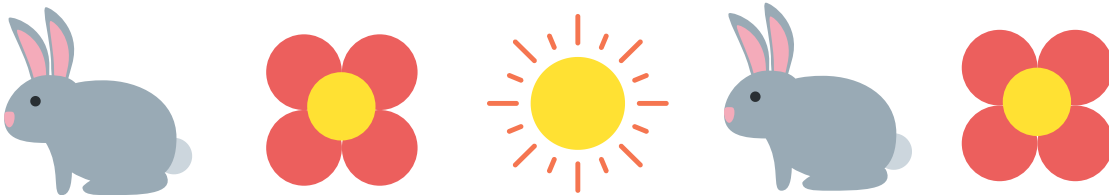
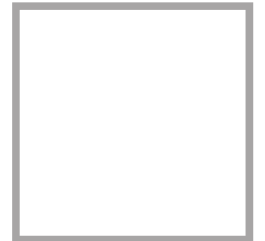
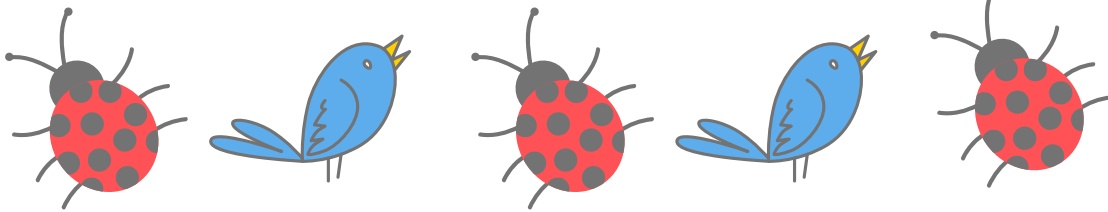
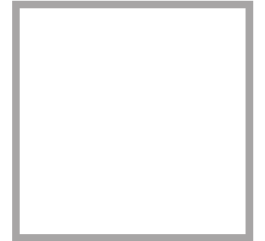
Plank pose



5 donkey kicks

Spring Gross Motor Sequences

Cut and glue the symbols to complete the patterns and then perform the corresponding movements, or simply use as a fine motor cut and paste activity.



Spring Gross Motor Sequences

Cut out the pictures below to create your own movement sequences!

