

## Item #7: Gross Motor Equipment<sup>1</sup>

Gross Motor Equipment (7.3.1, 7.5.1, 7.7.1)	7.3.3 Equipment stimulates at least 7 different skills
Basketball goal (child-sized)	Tossing/Throwing
Balance beam	Balancing
Balance board	Balancing
Balls	Tossing/Throwing, Catching, Kicking, Rolling (depends on how children allowed to use) <i>*CREDIT CAN ONLY BE GIVEN FOR TWO SKILLS</i>
Bean bags (substitute: sock with beans)	Tossing/Throwing
Bowling (substitute: 2 liter bottles with sand, cardboard tubes, etc.)	Rolling
Climber	Climbing
Hopscotch mat (substitute: drawn on floor using paint, tape)	Hopping
Horseshoes	Tossing/Throwing
Hula hoop	Hula hooping, Jumping (in and out of hoops), Tossing/Throwing object through suspended hula hoop
Jump rope	Jump rope, jump over rope, crawl under rope
Objects to jump over (foam noodles, ropes on floor, taped lines on floor, small boxes, etc.)	Jumping
Objects to throw (bean bags, crumbled paper balls, yarn balls, bath scrunchies, soft balls, etc.)	Tossing/Throwing
Obstacle course	Crawling
Parachute (substitute: sheet)	Pulling/Pushing
Potato sack (substitute: pillow case)	Jumping
Ring toss	Tossing/Throwing
“Rock wall” (on climbers)	Rock wall climbing (This is a different kind of climbing skill than going up steps, etc.)
Scarves & recorded music	Dancing
Scooter	Scooting, Pulling/Pushing (depends on scooter)
Slide	Sliding
Spring rocker	Rocking
Steps/Bridge/Boat	Climbing, Rocking
Stilt cans (substitute: homemade stilts)	Balancing
Swing	Swinging
Targets	Tossing/Throwing
Traffic cones	Jump (over)
Trampoline – NOT RECOMMENDED	
Tumbling mat	Somersault
Tunnel	Crawling, Roll a ball through
Velcro Ball Toss	Tossing/Throwing
Wagons	Pulling, Pushing
Wheeled toys (e.g., trikes)	Pedaling, Steering

<sup>1</sup> This list is meant to give you an idea of the kinds of equipment that will count for item #7 and the skills they support. This is not an all-inclusive list and does not include all gross motor equipment that could count for item #7.