



Parent Academy Module: Physical Development Gross Motor



Still as a Statue (3-4 years)

Vroom Tip: Ask your child to pretend to be a statue and freeze in a pose, like standing on one foot. Try to have them hold this pose as long as possible while you do everything to make them laugh and move. Then you can take a turn as the statue and see if they can make you laugh and move!

Brainy Background™: This game is all about focus and self-control. Your child is concentrating on staying in the statue pose and learning to tune out distractions so they can achieve a goal. This kind of playful learning helps them develop skills for life.

Throwing Near and Far (3-5 years)

Vroom Tip: Does your child love to throw things? Set up an experiment together. Get different safe things for them to throw, like a scarf, rolled-up socks, a paper cup, etc. Which one can they throw the farthest? Talk about what they notice.

Brainy Background: When you help your child set up an experiment like this, you're helping them learn how to think like a scientist. This means thinking critically to test out ideas, seeing what happens, and then using what they have learned to find out even more.

Keep it Up (3-5 years)

Vroom Tip: With your child, place something round—like a ball or stone—in a big spoon. Can they walk across the room holding the spoon without dropping the object? Talk about how they keep the ball from falling. Come up with new ways of moving, like on tiptoes. See what happens.

Brainy Background™: Your child is learning the scientific concept of balance when playing this game. They're also strengthening their skills for focus and self-control to manage how their body moves to keep the ball balanced on the spoon.

Slow Motion (3-5 years)

Vroom Tip: Challenge your child to move as slowly as possible to get somewhere, like a nearby tree. How slowly can you both move? Try different ways to move, like hopping or jumping.

Brainy Background™: This game helps your child think before they act. By moving slowly instead of quickly, they're practicing focus, self-control, and flexible thinking. These important skills are critical in life and learning.

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Dance Duet (4-5 years)

Vroom Tip: Let your child pick a fun, fast song to dance to. Take turns making up dance moves. They can start, then you copy them. Keep going back and forth as you repeat the dance moves and add a new one. Before you know it, you will have a whole dance routine!

Brainy Background™: When you and your child build on each other's dance patterns, they use their memory and focus to remember the moves. They are also thinking flexibly to make up their own moves. These skills are important for creativity and learning.

Here to There (4-5 years)

Vroom Tip: Ask your child to create a path to get from one side of a room to the other without touching the ground. Use pillows, newspapers, or whatever is handy. Make it harder by seeing how far or fast they can go. Or limit what they can use to make the path more interesting. Don't forget to take turns!

Brainy Background™: Your child is making a plan and testing it out. They'll need to think flexibly to come up with different solutions to solve this problem. This is a great activity to do with friends too. It helps them practice solving problems with others.

Follow the Leader (4-5 years)

Vroom Tip: Walking somewhere? Turn your trip into "Follow the Leader." Ask your child, "Can you do what I do?" While you pat your head. Then switch it up. If you pat your head, have them pat their stomach. Keep switching!

Brainy Background™: The game of same and opposite actions helps your child remember, think flexibly, and not go on autopilot. This helps them learn to pay attention and exercise self-control—essential skills for school and life success.

Learn more at vroom.org