

# Curriculum Share

DRDP Measure: Gross Locomotor Movements

Age Group: Toddlers - Preschool

## Let's Get Movin'!

### Materials Needed:

- Let's Get Movin'! Sheet
- Dice

Get up and let's get movin'! Make this gross locomotor movement activity something that the whole family can do and be active! During this activity, the child will learn his/her body movements. You can add some music too!

\*You can also add/change movements to each number. Even make it a combination to make it trickier for the older ones

### Directions

- Step 1 – Print out/Look at Let's Get Movin'! sheet (click on image for printable sheet)
- Step 2 – Talk about and practice the movements
- Step 3 – Roll the dice
- Step 4 – With number on the dice, do the movement associated on the movement sheet
- Step 5 – Have fun with it!

#### Lets Get Movin'!

1 – Jumping	2 – Marching
3 – Walking	4 – Touch the Sky!
5 – Clap Your Hands	6 – Touch Your Toes

