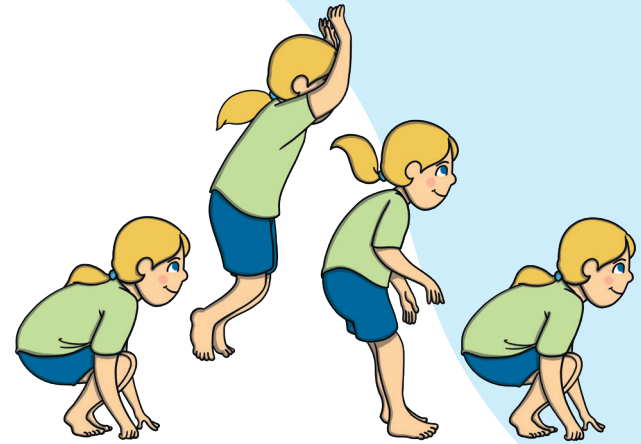




Backyard Olympics

Gross Motor Activity Cards



Frog Jump Race

Frog jump from the starting line to the finish line.

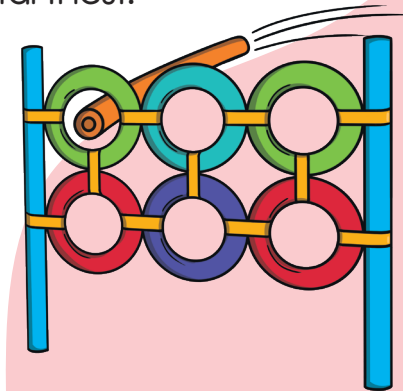
Bean Bag Toss Race

See who can throw the most bean bags into a hoop in one minute.



Javelin Throw

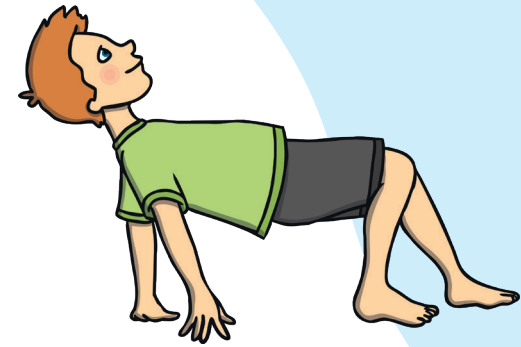
Use pool noodles to make a javelin and targets. See who can throw the javelin the farthest.





Egg Relay

Divide into teams. Use a small plastic spoon to carry an egg from the starting line to a basket. The team that fills their basket first is the winner!



Crab Walk Race

Crab walk from the starting line to the finish line.

Long Jump

See who can long jump the farthest.



Bean Bag Balance

Balance a bean bag on your arm. See who can walk the farthest without dropping the bean bag.

