 “So Now What?” Series

**Gross Motor Activities for Preschoolers**

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This series is designed to follow an educator’s completion of a TCCOTS training. The information and ideas presented in the series will suggest concrete strategies for putting into action content learned in individual TCCOTS trainings. Learning is best achieved by doing; let us support putting learning into action.

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| **Training Content** | **So Now What?** | **How TECTA Can Help** |
| Developmental Milestones | Teachers use resources such as CDC and KidCentralTN to review typical developmental milestones | We can review lesson plans and provide feedback on how teachers can intentionally plan for appropriate developmental activites. |
| TN-ELDS | Teachers can review the TN-ELDs ,Physical Development and use them when lesson planning. | We can help provide teachers excamples for how to meet a given TN-ELD Physical Development Standard |
| Child-Directed Play/Learning through Play | Locomotor movement is a part of gross motor development; teachers can engage with children during their play, whether running, skipping, or hopping. Hopscotch games, bean bag toss, or game of Simon Says are a few examples. | We can observe your classroom and provide feedback as to how you are being intentional about providing children opportunities to learn new skills through their play. |
| Schedule/Outdoor play | Children need the freedom and ample time to move about the room as well as when outide. Can’t go outside? How about an indoor obstacle course?! | We can review your schedule and help brainstorm developmental games (for both indoor and outdoor). |
| Music/Movement | Children can develop skills through music and movement opportunities. How are you engaging and participating with children durng your music and movement time? | We can help you with song suggestions or movements by sharing and modeling. |
| Bodies In Motion | Preschoolers are essentially, bodies in motion; in doing so, they are constantly becoming more aware of how their bodies move in space as well as other people and objects move in space. How are you providing children opportunities to be bodies in motion? | We can help write a letter to families explaining the importance of gross motor development and learning these skills through play. We can help you document development of children for families. |
| Acivities | Some activities require few materials while others require some of various sizes and weights; providing children various sizes of balls, balance beams (or tape walking!), or hoola hoops used as lilly pads to “hop” to are a few examples. | We can brainstorm with you gross motor acvities and games for both indoor and outdoor and how they aim to help children develop these skills. |

A close up of a newspaper

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