

July Gross Motor Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Go for a walk	2 Do a scavenger hunt	3 Water Play	4
5	6 Hopscotch	7 Side step activity	8 Gross Motor BINGO	9 Roller coaster posture activity	10 Water based obstacle course	11
12	13 Play with bubbles	14 Tall kneel activity	15 Yoga poses	16 Painters Tape Tic-tac toe	17 Pool posture activity	18
19	20 Draw with sidewalk chalk	21 Long sitting activity	22 At home obstacle course	23 Toilet paper ring toss	24 Water play relay races	25
26	27 Painters Tape Activities	28 Tailor sitting activity	29 Animal walks	30 Water bottle bowling	31 Water play catch	