

## Name of activity: Gross motor TIC TAC TOE

**Purpose / Key words:** gross motor, core strength, visual motor, executive functioning

**Age range:** K- grade 2, grade 3-5, middle school- teen

### Materials

- Painters tape or household items to mark out a tic tac toe board
- Bean bags or toys / items (i.e stuffed animals, paper plates, cups, ) to use as the X's & O's
- Play outside: use chalk to create board

### Instructions

1. Mark out a large a large Tic -Tac- Toe board on the floor with tape
  2. Give two players a set of bean bags and have them toss their bean bags into the squares to get three in a row!
- \*Fun additional options below:

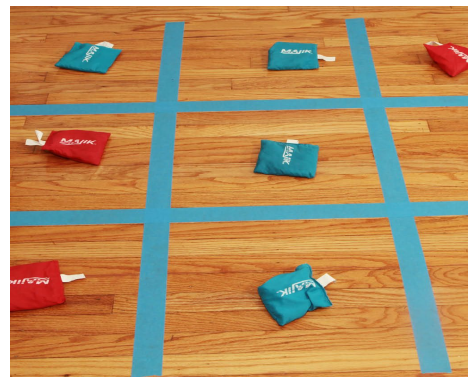
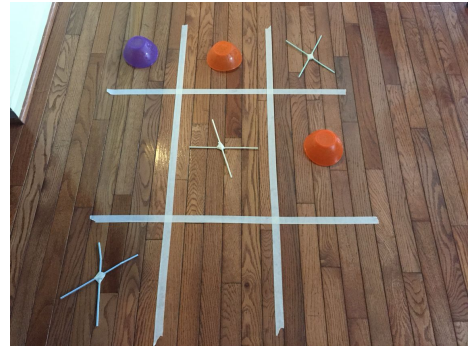
### Activity Modification

#### To simplify

- Mark off a board on the wall and have players use stickers as X's & O'S
- Use a white board and marks to create game
- Have players sit in front of the board to work on upright seated posture

#### To make more challenging

- Have players complete the game in different motor positions (tall kneeling, half kneeling, quadruped, prone, standing on one foot)
  - Prone over foam roller or stable piece of furniture (otomen) or have player position themselves so their legs are on the couch & arms stabilizing on floor.



- Have players start a few feet away from the board. Each player picks an animal walk to transport bean bag to game board
- Have players make their tic tac toe pieces and create their own game board as part of the activity.

**Link /resource**