

Crossing the Mid-line Activities

Ear & Nose Touch

R hand to L ear, L hand (index finger) touch the nose. On signal “switch” bring both hands down to pat your legs & then return to your face w/ L hand to R ear & R hand to nose.

Twisting

Bend elbows, fists close to chest – Feet shoulder width apart, twist waist quickly.

Shoulder Touch In Push-up Position

Push- up position: stay in the up position; touch L shoulder with R hand and then R shoulder with L hand.

Windmills

Arms and legs apart, bend waist, R hand to L toe, stand up – arms and legs apart. L hand to R toe, stand up – Repeat.

Elbow to Knee In Sit-up Position

Standing up with fingers touching ears: raise left knee to right elbow, right knee to left elbow. Repeat.

Knee Tap

Arms above head – Raise left knee, pat with right hand.
Leg down, arm up.
Raise right knee, pat with left hand.
Leg down, arm up. Continue.

Heel/Toe Cross

Stand with feet together – R heel tap forward, R toe cross over L foot, R heel forward, feet together. Switch sides.

Jog

Jog in-place or to a spot.

“Rocky” Punch

Punch across chest while twisting.

Side Swings w/o Rope

With hands together – do large swings on each side of body. “Big 8.”

Walk Zig Zag

While walking, cross right foot over left – then left over right.

Skiers

Jump side to side with feet together.

Marching

Lift knees while marching (don’t stomp feet). Swing arms while marching (opposite arms and knees – no twisting).

Heel Touch Behind Back

Bend leg and touch left heel with right hand behind back. Repeat with right heel and left hand. Continue.

Partner Patty-Cake

Facing partner, clap right hand to right hand and left hand to left hand. Great activity to include letters or math facts during claps!