

# Gross Motor Skills

## WHAT ARE GROSS MOTOR SKILLS?

- Ability to control larger muscles to move with accuracy and precision while running, jumping, throwing, catching etc.
- Includes: balance, strength & coordination
- Requires: sensory feedback, spatial/body awareness, planning and organizational skills
- Children with gross motor challenges may appear clumsy/uncoordinated

## WHY ARE GROSS MOTOR SKILLS IMPORTANT?

- These skills enable us to move, play and explore within our environments safely
- They lay the foundation for visual perceptual development and support postural stability required for fine motor tasks
- They support success in walking/running, jumping, swimming, catching/throwing
- They facilitate further skill development through participation and exploration of various activities within the environment

## HOW CAN I SUPPORT MY CHILD'S GROSS MOTOR DEVELOPMENT?

- Incorporate gross motor development into play activities:
  - Riding Toys (i.e. Scooter, Exerbug etc.) – strength, endurance & coordination
  - Side Walk Chalk/Hopscotch – strengthening & crossing midline
  - Weighted Balls (tossing/passing/lifting/reaching) – balance, postural stability & spatial awareness
  - Obstacle courses – balance, motor planning, motor coordination & strengthening
  - Bean bag activities (tossing into bucket, at a target, through a hoop etc.)

## ADDITIONAL RESOURCES

Smith, J. (2003) Activities for Gross Motor Development. Westminister, Teacher Created Resources.  
<http://www.schoolfamily.com/blog/2009/08/13/more-activities-to-improve-gross-motor-skills>

<http://www.teachingexpertise.com/articles/activities-to-develop-gross-motor-skills-2577>