

What are gross motor skills?

Gross motor (physical) skills are those which require whole body movement and which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing and walking, running and jumping, and sitting upright at the table. They also includes eye-hand coordination skills such as ball skills (throwing, catching, kicking) as well as riding a bike or a scooter and swimming.

Reference- <https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/>

Gross motor Development Checklist-

<https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-checklist/>

Gross Motor Activities that can be done at home-

- Go noodle- <https://family.gonoodle.com/>
A family fun music and movement website
- PE with Joe- The body Coach
<https://www.youtube.com/user/thebodycoach1>
Family fun fitness sessions
- Cosmic kids- <https://www.cosmickids.com/> Yoga sessions
- Set up obstacle courses inside and outside (see picture)
Amber's example- Use different colour chalk, create paths of swirls and turns for the children to follow.
- Hand-eye coordination activities-
 - throwing and catching
 - working in the garden
 - skittles (ten pin bowling) you can use plastic bottles by filling them up with water and painting them with different colours.
 - balloon toss
 - sand pit play
 - skipping rope
 - Ball games- football, cricket, tennis, basketball, soccer and golf
 - egg and spoon race
 - totem tennis
 - dribbling a tennis ball and football
 - bean bag toss- toss the bean bag into a washing basket or a hoop, catch bean bags using both hands or one hand, throw the bean bag high in the air and then catch it.
- 'Simon says' game
- Treasure hunt inside or outside- using positional concepts like under and over.
- Balancing activities- Lines of tape, string or rope on the floor.
- Create a Hop scotch inside or outside using tape or chalk. Throw a rock or bean bag to see where it lands. Hop to the spot. Pick your rock up and repeat.
- Animal walks- see attachment for examples of different animals walks
- Dancing to your favourite music



Thank you to www.handsonaswegrow.com, www.themeasuredmom.com, pinterest, www.cosmic.kids, <https://empoweredparents.co/hand-eye-coordination/> for the fun gross motor activities.

There are so many more fun gross motor activities you can do at home with your children, please visit the websites above or simply research Gross motor activities for children.

Animal Walks

Frog Jump



Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

Bear Walk



Key Points

- Extend legs straight
- Head down

Crab Walk



Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

Caterpillar Crawl



Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

Kangaroo Jump



Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

Move like an animal- <https://www.themeasuredmom.com/indoor-gross-motor-activities/>

You'll need some open space, but this is a great way to get kids using new muscles. Here are some ideas:

- Move like a bird (run with arms outstretched)
- Move like a snake (wiggle on tummies on the floor)
- Move like a bear (walk on all fours)
- Move like a frog (get down on haunches and hop)
- Move like a kangaroo (take big leaps with arms in front of chest)
- Move like an elephant (with heavy stomping)
- Move like a penguin (waddle with ankles close together and arms pinned to sides)

More examples of animal walks- <https://lemonlimeadventures.com/animal-walks-sensory-diet>