**Gross Motor Skills**

*When doing these activities please do with adult supervision at all times.*

**What are Gross Motor Skills?**

Gross motor skills (i.e., physical skills) are those that require our whole-body movement and involve the large core stabilising muscles of our body which help us to perform everyday gross motor movements, such as walking, running, jumping, and sitting upright at a table.

Below you will find some simple activities that you can do to help develop and improve the following gross motor skill areas:

**Posture** The muscles around the hips need to work together with strength and symmetry to provide the stability needed for good posture and for a stable base of support to sit, stand and walk.

**Activities to help:**

|  |  |
| --- | --- |
| Sitting on a therapy ball/wobble cushion at a table to do a task or activity | Jumping on trampoline |
| Tug of War | Swimming |
| Animal Walks (e.g., crab football) | Ride a bike or scooter |
| Use of playground equipment | Sit-ups and push-ups |
| Doing activities lying on your stomach, propped up on your forearms (e.g., reading, drawing, watching TV) | Running |

**Coordination** Promoting use of both sides of the body at the same time.

**Activities to help:**

|  |  |
| --- | --- |
| Playing musical instruments – cymbals, drum, bells in each hand | Pushing trolley, wheelbarrow |
| Throwing and catching a ball | Obstacle course – in / out tires, hoops, stepping-stones, along line or balance beam |
| Star jumps | Skipping/Jump rope |
| Dancing | Swimming |
| Bat ball games, standing sideways to ball | Climbing – playground equipment |

**Balance** The ability to maintain a controlled body position during both static (still) and dynamic (moving) tasks and activities, such as sitting at a table, walking on a balance beam, or stepping up into a kerb.

**Activities to help:**

|  |  |
| --- | --- |
| Football | Riding a scooter or bike |
| Hopscotch  | Walking on a line/marching/giant steps/walking heel to toe |
| Musical chairs/statues | Walking on stilts |
| Hopping | Pogo sticks/skateboard/roller blading and/or skating |

**Useful websites:**

[**https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/balance-coordination/**](https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/balance-coordination/)

[**https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/**](https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/)

[**https://www.youtube.com/user/CosmicKidsYoga**](https://www.youtube.com/user/CosmicKidsYoga)

[**https://sourcekids.com.au/apps-to-help-gross-motor-skills/**](https://sourcekids.com.au/apps-to-help-gross-motor-skills/)

**Useful Apps:**

[**https://www.bbc.co.uk/sport/av/get-inspired/43491597**](https://www.bbc.co.uk/sport/av/get-inspired/43491597)