

## Gross Motor Skills

Gross motor skills enable us to work with the 'big' muscles in our body and enable us to take part in tasks such as running, walking, kicking and throwing.

- ❖ Link the activities to your child's age and developmental needs.
- ❖ Statues and musical chair games.
- ❖ Children begin learning to throw and catch with objects that move slowly, such as a small pillow, a scarf or a beanbag
- ❖ Throwing balls/beanbags into a bucket/at skittles. If throwing is difficult you can roll a ball down a piece of guttering.
- ❖ Where appropriate, games involving balance and standing on one leg in a 'stork' position.
- ❖ Moving objects vertically and horizontally.
- ❖ [Go noodle](#) dance activities will provide many fun physical movement activities to try at home.
- ❖ Keeping a balloon in the air for as long as possible.
- ❖ Pass the parcel games where a large or small item has to be wrapped and unwrapped.
- ❖ Bean game - children imitate different beans; runner bean (run), baked bean (curl up), walking bean (walk), jumping bean (jump), star bean (stand with arms and legs out), balancing bean (walk along a line, one foot in front of the other). Can children make up their own beans?
- ❖ Windmill movements - right arm in air then swing down and touch left foot then left arm in air and swing down and touch right foot.

- ❖ Static dancing.
- ❖ Use props such as ribbons, scarves and puppets to create dance routines.
- ❖ Focus on body awareness - moving specific parts of the body to music/action songs, for example head, shoulders, knees and toes and Simon Says.
- ❖ Obstacle course - use cones and have a different action at each cone e.g. jumping, ball skill, balance. Ask children to think of a different movement to get from one cone to the next as a challenge.
- ❖ Provide different-shaped containers, balls, beanbags or yarn balls etc. Encourage children to toss the items into the containers. Increase the distance from the container as the child increases their skill. Children can practice crawling or walking while balancing a beanbag on their head, back or shoulder.
- ❖ A simple pushing game might involve pushing a large box or laundry basket with a small amount of weight to provide resistance. Wagons and push-toys also provide appropriate resistance to develop arm muscles.
- ❖ Painting or colouring on an easel or large piece of paper.
- ❖ Parachute play strengthens the arms using up and down movements. If you don't have a parachute you can use fabric, lift it up and down, shake it, can you keep a ball/beanbag/balloon in the parachute.
- ❖ [pdnet](#) Gross motor skills activities to promote ball skills, balancing, co-ordination and sequencing, jumping, core stability, hopping, running, skipping and obstacle course.