

Gross Motor

Unlike Fine Motor Skill Activities which require the small muscles in the hands and fingers, Gross Motor skill activities use the larger, core stabilising muscles. They are just as important as fine motor skills. In fact, children will often find sitting at a desk practising fine motor skills easier if they have developed their gross motor skills- as their back and shoulder muscles enable them to sit in an upright posture at a desk for periods of time.

Gross motor skills enable us to stand, go up the stairs, to climb on and off the toilet, to sit at a school desk for a period of time, to carry things, throw things and catch. They are therefore, incredibly vital.

Develop gross motor skills outside

There are so many, fun and engaging ways to help children develop their Gross Motor Skills*

- Going to the Park - climbing the steps to the slide
- Soft play centres
- Trampolines/bouncy castles
- Bikes
- Scooters
- Swimming
- Obstacle courses
- Standing/walking on uneven surfaces like a wobble board
- Dancing to action songs
- Classic playground games: Hopscotch, Simon Says, What's the Time Mr Wolf etc.