

Promoting Gross Motor Skills

What are gross motor skills? Why they are important?

- Gross motor skills are those which require whole body movement and involve the large muscles of the body to perform everyday functions, such as walking, running, sitting upright in front of a table and more.
- The following are “building blocks” for gross motor skills:
 - Balance
 - Coordination
 - Body awareness
 - Physical strength
 - Reaction time
- It is important to perform gross motor activities at home with your child to enforce their gross motor skills in order to increase independence during their day to day life.



What activities can be beneficial for gross motor skills?

- Twister: This game is beneficial for balance, coordination, right/left differentiation, and core strength. It is also a fun activity to do with family or friends.
- Hopscotch: hopping and jumping require strong gross motor skills, balance, and coordination. Hopscotch is a simple way to practice those skills.
- Playground play: playing on the playground can have many benefits for kids. Swinging on a swing set can help kids develop balance. It also helps them learn how to coordinate shifting their weight and moving their legs back and forth. Additionally the playground is a good place for kids to make new friends and improve their social skills at the same time.
- Bubble play: bubbles are a unique way to build gross motor skills because you can't predict where they're going to go. Kids can chase bubbles and try to pop as many as possible. While chasing them, they have to run, jump, zigzag, and move in ways that require sudden shifts in balance and weight.
- Ball games: Soccer, basketball, volleyball are all good activities for improving gross motor skills. These will help improve balance, coordination, muscle strength and body awareness.
- Tricycles, scooters, and bikes: they are good for practicing balance and promoting coordination for the whole body.
- Dancing: dancing is good gross motor practice. It helps kids develop balance, coordination, and motor sequencing skills.
- Fort building: engaging in fort building at home is not only good for gross motor skills but also helps with strategic planning and problem solving too.
- Animal Walks: Activities like animal walks and others from our “movement Mondays” can help with core strength, body awareness and balance.



Information adapted from:

<https://www.understood.org/en/articles/8-gross-motor-skills-activities-for-kids>

<https://www.understood.org/en/articles/all-about-gross-motor-skills>