

Advice sheet

Promotion of Gross Motor Skills

Gross motor skills enable children to co-ordinate large muscles groups to complete activities like jumping, climbing, running skipping or tasks like going up stairs and getting in and out of chairs. Building up core strength and developing balance and co-ordination can help to improve a child's gross motor ability. Some children may need more practise than others and success may require a lot of patience (of adult helper) and opportunities for a child to practice the desired skill.

Activities to promote core strength:

- In half kneeling throwing and catching.
- In kneeling throwing and catching.
- Activities in four point kneeling (crawling) position such as reaching out with arm.
- Bridging – laying on back with knees bent trying to lift bottom off of floor. Keeping feet flat and knees together.

Activities to promote balance:

- Stepping – stepping into hoops, high boxes and giant strides forwards backwards and sideways. Playing hopscotch and skipping with a rope.
- Line walking – heel toe heel toe, like you are on a tightrope.
- Activities in half kneeling – ie. Throwing and catching.
- Standing on one leg.
- Walking along a bench.
- Climbing on playground apparatus – trim trail etc.

Activities to promote co-ordination:

- Ball games: football, dribbling around obstacles, penalties, target practise.
- Bouncing, throwing, catching a ball. The smaller the ball the harder it is to catch, this can be made more difficult by increasing the distance you have to throw the ball.
- Throwing bean bags, balls, quoits etc. into hoops of various distances and sizes.
- Balance a ball on a bat and moving around cones.



Activities to promote muscle strength:

- Sit to stands (without using hands) i.e transfer from a sitting position into a standing one.- The lower the bench/chair the harder your legs have to work.
- Step ups- using steps on the bottom of a flight of stairs step onto one step and then step back down.
- Hopping and jumping.
- Raising through half kneeling.
- Activities in four point kneeling (crawling) and three point kneeling.

Obstacle courses are a great way to incorporate a few of these different activities and they are Fun!