

# How to help your child to develop their gross motor skills



## Why?

Children can be encouraged to develop their abilities and confidence in general co-ordination and movement through everyday play, including visits to parks and play centres. Other activities to develop movement skills are listed below:

### Moving Games

- Games where child has to change their position, movements, speed or direction in a controlled manner eg obstacle courses, crawling, walking, jumping, going backwards, walking in high kneeling
- Musical statues/bumps
- Cat and mouse
- Animal walks eg jumping like a kangaroo, sneak like a mouse, slither like a snake
- Leap frog over low objects
- Commando crawling along floor/benches etc

### Obstacle Courses

- Encourage child to choose equipment and layout the course
- Encourage child to move over, under and through objects.
- Encourage child to try out different ways and speeds of moving
- Use tables, chairs, towels, benches etc and objects that are wobbly are also good

### Jumping and hopping games

- Hop scotch
- Bouncy castles
- Trampolines
- Space hoppers
- Jumping / hopping in squares or hoops at different speeds

### Ball Games

- Use a balloon (slow moving) for ball games initially, moving onto a large soft ball as confidence increases
- Teach child to have hands out in front of them ready for catching
- Rolling ball to each other, stopping it with hand and then foot
- Balloon volleyball (passing balloon back and forth over a line or net)
- Throwing at targets or into boxes. Increasing the distance gradually
- Bouncing and catching games
- Skittles

### Other physical activities

- Climbing frames
- Swings
- Chutes
- Roundabouts
- Swimming
- 'Log-rolling' down a small incline or playing in a toy barrel