

Gross motor skills

Preschoolers

Gross motor skills are abilities that let us do tasks that involve large muscles in our torso, legs, and arms. They involve whole-body movements. Developing gross motor skills in early childhood is known to be one of the most foundational skills that support all other areas of learning.



Here are some activity ideas to try with your child:

- Follow the leader - Ideas include: clapping, marching, arm circles, twirling, side to side jumping, crawling, hopping, stair climbing with hands and feet, and body swaying.



- Obstacle course – Think about keeping it simple at first with just 2-3 obstacles and then add additional obstacles as they improve their skills. Ideas include jumping over pillows, walking around multiple chairs and tunnels out of boxes
- Dance moves – Find YouTube dance move videos for the child to engage in, or just try silly dances
- Target throwing – You can use a variety of objects for this activity such as soft toys, bean bags, pillows, or balls. Throw them into a basket or even at a target on the wall.
- Rolling – Have your child roll themselves down a hill or an incline created with a wedge or other surface.
- Climbing – Have the child climb up a rope ladder, stairs, or the ladder on a bunk bed. Create a coordination exercise with obstacles on the floor to crawl over such as pillows or cushions off of the sofa. Go to the playpark and use the climbing wall!
- Pillow jumping – Create a path around the room with pillows or stuffed animals on the floor and have the child jump over them with two feet or if they are able, on one foot!

- Crawling – Simply crawl on all fours to manoeuvre around the room by crawling around, over, or under furniture. It can be the fun way to work on coordination.
- Ball rolling on a wall– Have the child work on rolling a ball up and down the wall with their feet, while lying on their back, or roll the ball on a tape maze using their hands. Create the maze in either a horizontal or vertical fashion.
- Kids yoga – YouTube has lots of videos to follow along to.



Information adapted from OT Tool Box

Further resources:

For more resources to help with developing skills or for further helpful tips and tricks, please visit our website or lookout for our Facebook posts.

www.nhsborders.scot.nhs.uk/cypot

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