

Helping Your Child Develop Gross Motor Skills

Physiotherapy Service for Children & ALD

Gross motor skills include the muscle control, balance and co-ordination needed for activities like walking, running, sitting and crawling.

Children gain these skills at different rates. Some children will take longer to be able to do certain activities, and there can be different reasons for this.

There are lots of activities that you can try with your child to help him/her develop. For most children, the more they experience and practice, the easier movement will become.

Taking your child to the playground or 'soft play' is a great opportunity for them to practice their climbing and balancing, using their whole body to play on the different equipment



Swimming and playing in the water is an excellent way to develop strength, balance and co-ordination.

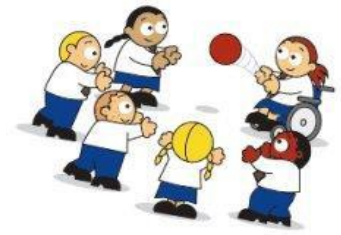
Learning to ride a bike, trike or scooter encourages balance, co-ordination and strengthens leg muscles. Younger children may enjoy other types of sit-on or push-along wheeled toys.



Going for fun walks and exploring different environments, over grass, footpaths, hills, sand, cobbles, with mud or puddles to jump in or steps

to climb up or down will help your child with a range of movement skills.

Ball games are an excellent way to improve hand-eye co-ordination, balancing and kicking skills, and encourage running, reaching and changing position.



Action songs such as 'Heads, Shoulders, Knees and Toes', 'Hokey Cokey' or 'The Grand Old Duke of York' help children recognise different parts of their body and learn to control and time their movement.

Running, skipping, hopping or marching can be part of fun games like hopscotch or chase, or different ways to get from one place to another.



Try balancing games like standing on one leg, walking along a line, or musical statues.

Trampolines are a fun way for children to improve their balance and core-stability, co-ordination and control.



Resources

<http://physicalliteracy.sportwales.org.uk/en/>