

Gross Motor Skills

Gross motor skills are the abilities required in order to control the large muscles of the body for walking, running, sitting, crawling, and other activities.

Activities to develop gross motor skills:

- playing hopscotch and jumping rope; activities that help children learn balance
- hitting, catching, kicking, or throwing a ball, such as a baseball, football, or soccer ball; activities that help develop hand-eye or foot-eye coordination
- kangaroo hop, in which children hold something, such as a small ball or orange, between their knees and then jump with their feet together frontward, backwards, and sideways
- playing wheelbarrow, in which someone holds the children's legs while they walk on their hands along a specific route
- walking on a narrow bar or curb, while holding a bulky object in one hand, then the other hand, and then repeating the activity walking backwards and sideways
- toss and catch, in which children toss an object, such as a baseball, in the air and then catch it, while sitting or lying down and also while using alternate hands