



A Parent Guide to Gross Motor Skills

Gross Motor Activities:

Why not try some of the following gross motor activities at home with your child? Remember, if your child isn't able to do all of these activities, that's okay - find a way to adapt it to suit your child wherever possible.

- Sit on the ground with your legs open out like the sides of a triangle and roll a ball across the floor towards each other.
- Visit places with wide open areas, such as parks, farms or soft play and stay close by while your child explores freely.
- Go on a scavenger hunt outside - looking around, reaching up, crouching low and pointing with an arm outstretched are all great for building gross motor skills.
- Play copying games or dance along to songs with lots of big actions with your child.
- Where possible, involve your child with your exercise routines (to a safe, age-appropriate level); this could be jogging with them to the end of the street, letting them join in on a fitness video or showing them stretches on a yoga mat.
- Introduce your child to team games and sports where they need to cooperate with others and work together.
- Encourage your child to take on physical obstacles, whether at the park on climbing equipment or at home by crawling under a table or using cushions as stepping stones. For younger ones, sofa cushions make great obstacles to cross.
- Use interesting objects like hanging mobiles, scarves or boxes full of toys to encourage your child to reach, grab and explore during floor play.
- Where possible, let your child help you with everyday routines like bringing in shopping from the car (e.g. carrying something light like toilet rolls), hanging up washing or making a bed.
- Think of some classic playground games you played as a child and invite your child to participate with their friends.
- Make art activities bigger by using a larger surface - you could use chunky chinks on a patio, use brushes or rollers to 'paint' a fence with water or make a giant collage from coloured household objects that looks like something from above.