

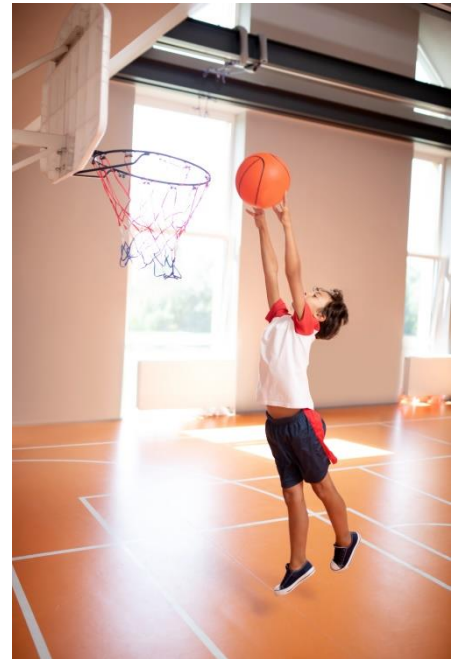
# 10 Things to Help Develop Gross Motor Skills

Quick reference  
**SHEET #20**

## What are gross motor skills?

- Big movements that require balance, smooth movement and accuracy
- Examples of these are:

● Kicking / bouncing a ball	● Hitting with a racquet
● Throwing a ball	● Hopping
● Catching a ball	● Jumping
● Walking on a wall	● Skipping
● Climbing	● Using a Hula-hoop



## How can you improve your child's skills (and confidence)?

- ✓ Make it fun! Grade the activity so your child can see success and praise effort - Notice what they are doing well and be specific
- ✓ Focus on a specific skill and don't have the student try to learn too many things at once
- ✓ Break down the skill into parts such as practising kicking a ball at a target e.g. knocking down empty plastic milk bottles
- ✓ Practise the skills for 5 minutes every day
- ✓ Start with bigger and lighter balls for catching and throwing
- ✓ Make sure the child is in a stable position to roll the ball along the floor from a seated position
- ✓ Use a balloon with a bell inside it, so they can hear as well as see the ball
- ✓ Work on balance and increase core stability e.g. using a Swiss ball, playing hopscotch, swimming and wheel-barrow games
- ✓ Trampolining can be good for increasing balance and stability skills
- ✓ Martial arts as a hobby, can help with gross motor skills and balance and is graded

