

What is Gross Motor Skill Development?

Ready for
Pre-K!

Gross motor skills involve the strength and coordination of large muscles that are used for movements such as crawling, running, jumping, throwing, pedaling, and climbing. Gross motor skills not only support a growing child's physical health and wellbeing, but also help with brain development and cognition!



Why are gross motor skills important?

Gross motor skills are critical to helping children perform many every day functions including:

- Self-care: Gross motor skills are needed for dressing, brushing teeth, bathing, toileting, and cleaning up after one's self.
- Fine Motor Support: A child's ability to maintain upper body posture and control affects their ability to make small movements such as writing, drawing, and cutting with scissors.
- Academic Support: Exercise and activities that develop children's gross motor skills increase concentration on academic tasks, improve mental health, and support healthy sleep habits.
- Brain Development: Crossing the mid-line, a critical gross motor skill where children reach from one side of their body to the other, trains the brain and eyes to track across the page when reading and writing.

Visit our Website



Tips for Supporting Gross Motor Skills



Strength & Coordination

- Carry groceries or other item
- Push or pull a wagon
- Pedal and steer a tricycle
- Dance
- Practice swimming

Balance

- Stand or hop on one foot then the other
- Ride a scooter
- Walk on various types of terrains
- Balance on a line, curb, or low beam

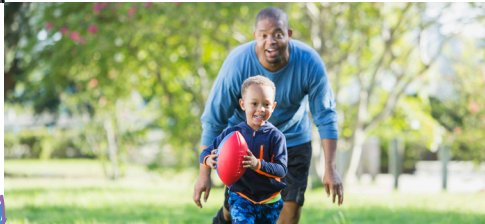


Motor Planning

- Visit the playground
- Move like various animals
- Play Hopscotch
- Make an obstacle course

Flexibility

- Play Twister
- Do toe touches
- Do Yoga
- Try gymnastics or martial arts
- Try a gentle massage



Cross The Midline

- Play Simon Says or Follow the Leader
- Collect items in a bucket
- Play with cars, trains, trucks
- Dance with ribbons
- Play ball games

 DCPS Early Childhood Education

 @dcpsearlychildhood

 readyforprek.org

