

Tips for developing gross motor skills



Tips for Stability Skills:

- Incorporate bending, stretching and twisting into 'warm-up' and 'cool-down' activities.
- Hold out your hands to help with balance.
- Progress skills by moving whilst balancing a bean bag on different parts of the body, creating an obstacle course or through dance and yoga.



Stability skills are needed to progress onto locomotor and object control skills.



Tips for Object Control Skills:

- Start with easier tasks like rolling or tossing a ball before moving on to more complex throwing, catching, kicking or bouncing.
- Choose larger, light weight balls to start.
- Progress skills by using smaller balls, incorporating target practice or throwing/catching different sized objects e.g. tennis balls, bean bags or frisbees.
- Consider the set-up of your activity to reduce chaos e.g. ensure balls are kicked/thrown towards a wall or fence and/or run activities in small groups.
- Store equipment in a bag/bin when explaining the skill to prevent children from getting distracted.

Tips for Locomotor Skills:

- Start with simple movements like running and jumping then progress to more complex hopping, leaping and skipping.
- Demonstrate the skill and use child-friendly teaching cues e.g. for running - 'look straight ahead', 'swing your arms' and 'knees up'.
- Progress skills by positioning objects for children to jump/hop/leap over (e.g. cones, dots, soft toys, string, chalk line) or by increasing speed/distance or making the terrain more challenging.
- Practise during transitions (e.g. side-sliding to the bathroom before morning tea).



Outcome 1: Children develop their emerging autonomy, inter-dependence, resilience and agency



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

