



## GROSS MOTOR SKILLS



(Adapted from Hogben J, 1981)

Balancing

Bouncing

Climbing

Crawling

Catching

Galloping

Hopping

Hitting

Jumping

Kicking

Lifting

Pushing

Pulling

Running

Rolling

Skipping

Stepping

Stretching

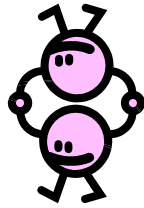
Swinging

Turning

Throwing

Walking

## Activities for developing Gross motor skills



### Balance

1. Stand on one foot, then the other inside large shape.
2. Walk along a chalk line, string line/ narrow line
3. Use a balance beam.
4. Climb steps/stairs/step ladders
5. Walk on knees with hands in the air

### Crawling

1. Treasure hunt - crawl to find hidden objects
2. Crawl through an obstacle course - **through** boxes/hoops/ tunnels. **Under** objects (table/chair/rope). **Around** objects (tree/box/chair). **Over** objects (pillow/box/mat)
3. 'Follow the line' (crawl along the string / taped line)
4. 'Follow the leader' (crawl behind someone)



## Climbing

1. Climb over, up, down boxes, ladders, planks, logs etc.
2. Up/down steps
3. Along an obstacle course using a variety of equipment of differing heights

## Hopping

1. Around obstacles - boxes / trees/ tyres/ hoops
2. Hop into /out of hoops
3. Hop along stepping stones (coloured mats in different shapes)

## Jumping

1. Over objects - string, line, magazine
2. Jump up to touch / reach suspended objects (balloons)
3. Jump on trampolines / mattresses



4. Jumping jacks



## **Kicking**

1. Balls of different sizes
2. Balloons
3. Aim at target - set up target areas to kick at

## **Pushing - Pulling**

1. Tug of war

## **Rolling**

1. Balls using feet / foot
2. Balls using hands
3. Hoop using hands
4. Body on mat - 'log rolling' forward and backward

## **Running**

1. Around an obstacle course
2. On the spot
3. With hands on head / hips / behind back

## **Skipping**

1. Around objects
2. In circle games
3. To music with different rhythms



## Walking / stepping

1. In and out of circles, hoops, tyres, outlines
2. Walking different paces
3. On wide surfaces gradually becoming narrower
4. Follow painted footsteps
5. Walk to different music tempos
6. Walking on stilts
7. *Cross over marching* 'on the spot' -touch right elbow to left knee, then left elbow to right knee in a repetitive sequence
8. *Wheelbarrow walking*

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