

Activities to Improve Gross Motor Control And why it is important for young children

Why is it Important to develop Gross Motor Control

A child develops gross motor control from birth starting with the head and body. Gross Motor skills are important for major body movement such as walking, balancing, co-ordination, jumping, throwing and reaching. As a child develops control of their, body, arms and legs, he or she begins to develop fine motor skills, such as grasping, and feeding

Good, gross motor control is essential for a child to develop fine motor control required at school. For example a child needs to be able to sit upright in order to write. Without reasonable gross motor skills, children often struggle with the fine motor control skills that they need for formal school work.

Activities to develop Gross Motor Control

Particularly when they are young, children need to spend a number of hours engaged in physical activity to improve their muscle tone, increase their balance, help them socialise and calm them. The following suggestions will improve gross motor control

1. Singing games or Action rhymes, e.g. 'Simon Says', 'Head Shoulder, Knees and Toes,' 'The Wheels on the Bus' etc.
2. Throwing and catching a ball or balloon and kicking and dribbling a ball.
3. Throwing balls, bean bags into buckets or hoops, or aiming at a specific target.
4. Completing large floor jigsaws.
5. Riding a bike with or without stabilisers
6. Forward rolls, jumping 2 feet to 2 feet, hopping on 1 foot or from 1 foot to the other.
7. Covering repeating simple dance or mime movements, gradually increasing in difficulty.
8. Balancing a bean bag on the head and walking.
9. Following chalk lines or verbal instructions.