The Building Blocks of gross motor skills

The phrase "gross motor skills" is another way of saying body movements that use the larger muscles of the arms, legs, and torso. When children crawl, walk, run, hop, climb, throw, and catch, they're using their gross motor skills. Children learn by moving through their environment. The younger they are, the more they need movement to learn!



These are the building blocks for children to develop gross motor skills:

Moving around a space and the objects in it

Scooting, crawling, cruising, walking, then running

_ balancing

Sitting, standing, and walking; going up and down slopes; stepping up and down onto different levels

Going faster and changing direction

Running, turning, and climbing; playing on outdoor equipment

Jumping and hopping

Jumping with feet together, then broad jumping a short distance, then hopping on one foot, then jumping rope

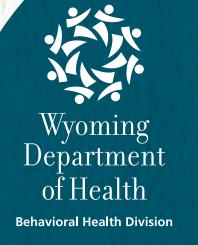
Coordinating both sides of the body

Pushing a trike along with both feet, clapping to music, playing follow the leader

Catching and throwing

Catching a large ball and learning to throw, then catching and throwing smaller objects well

Putting it all together



Screen for Success is brought to you by the Wyoming Department of Health and the Early Intervention and Education Program Somersaulting, swimming, skating, skiing, riding a bike

Adapted from Teach Early Years