

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:

1

Moving around a space and the objects in it

Scooting, crawling, cruising, walking, then running

2

Balancing

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

3

Going faster and changing direction

Running, turning, and climbing; playing on outdoor equipment

4

Jumping and hopping

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

6

Coordinating both sides of the body

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

5

Catching and throwing

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

7

Putting it all together

Somersaulting, swimming, skating, skiing, riding a bike



Wyoming
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