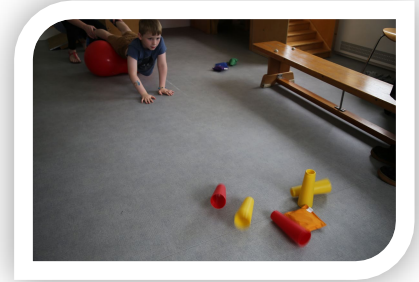


Occupational Therapy Advice Sheet

Gross Motor Ideas

Gross motor activities are games and sports that are aimed at developing a child's motor co-ordination, static and dynamic balance, stability and strength



Possible difficulties children may experience:

- Bumping into items
- Falling over
- Leaning into people or onto objects
- Loosing their balance
- Playing on the playground
- Struggling with sports
- Finding PE lessons difficult
- Unable to learn new skills such as swimming or riding a bike
- Delayed in learning to sit, crawl, walk, run, jump, hop & skip

Games and activities to support the child in developing these skills:

- Animal walks
- Assault courses
- Balance board
- Ball games such as catch and kicking
- Climbing equipment at the playground
- Commando crawls
- Dancing
- Gym ball games
- Hop-scotch
- Obstacle courses
- Peep behind the curtain
- Simon said
- Skipping songs
- Skipping with rope
- Swimming
- Teddy bear roles
- Tight rope walking
- Trampolining
- Tug of war
- What's the time Mr Wolf
- Wheel-barrow walks
- Zoomball