



## Activities for Gross Motor Skills

These skills are the ones that involve our big muscles, arms, legs, and torso: our core muscles. Jumping, running, hopping, bike riding, crawling, catching and throwing balls are all gross motor skills. Good gross motor skills are important as learning to control these big movements make it easier to learn the smaller more involved movements that come with fine motor skills.

I have tried to keep these activities to things that can be done by children by themselves and as cheaply as possible from easy to acquire materials. Keep in mind this is just a small sample. These games are much more fun to play with others and, **as a bonus**, we can teach turn taking skills, and spatial awareness.



### **Balloon Toss:**

Keep the balloon in the air, try it with just left hand and then right. Try it with just elbows and feet, if you have another person you can play balloon tennis.

### **Egg Races:**

You can use plastic eggs or ping pong balls. Depending on the age, a measuring cup may be more appropriate.



### **Heads, Shoulders, Knees and Toes:**

Once they have learned the sequence to this song, you can speed it up, slow it down, and change body parts.

## **Hopscotch:**

Hop on one foot, alternate, jump. This can be made to suit the skill level of individual children.



## **Balancing:**

Draw a line with chalk or tape and have your child walk along it, work up to heel to toe. Use thick rope, or boards placed on bricks to raise it a few inches off the ground as skill level increases.

## **Hula hoops:**

Can be used for a multitude of activities. Place several on the ground and jump from one to the next, skip with, jump through, roll along like a wheel and of course use as a hula hoop!



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