

Controlling large body movement

Gross Motor Tips

During their first five years, young children undergo more rapid and dramatic changes in their physical development than at any other time in their lives. Changes in body proportion, coordination, and strength occur, as does increasingly complex brain development. Children develop remarkable physical, motor, and sensory capacities that enhance exploration and mastery of the environment.

Families can follow these tips to further their child's gross motor skills:

- 1.** Teach your child how to walk up and down stairs with caution.
- 2.** Play dancing games as “Freeze Dance.”
- 3.** Play moving games as “Freeze Tag” or “Regular Tag” or “Hide and Seek.”
- 4.** Make your own, or provide your child with a jump rope.
- 5.** Create your own obstacle course for your child to go through it.
- 6.** Play a command game as “Simon Says” using large body movements.
- 7.** Draw a line with chalk and let your child practice walking on it.
- 8.** Play “Toss and Catch” with different sized balls.
- 9.** Encourage your child to help cleaning by tossing paper balls into the recycle bin.
- 10.** Play matching games that use the whole body as “Twister.”
- 11.** Create your own bean bag and play catch and toss or “Hot Potato.”
- 12.** Encourage your child to put on his own clothing.
- 13.** Provide areas to run, jump, hop, or ride a tricycle.
- 14.** Play a moving game that requires kicking as “Soccer” or “Futbol.”
- 15.** Play a moving game as “Hopscotch.”
- 16.** Read books that encourage movement.