

GROSS MOTOR & LOCOMOTOR SKILLS DEVELOPMENT

(Large Muscles)

Benefits

These activities develop body management skills, balance, co-ordination, strength and agility.

Jump

- Up and down on the spot on both feet.
- Forwards and Backwards.
- Side to side.
- On to a bench or step and back off.
- Jump like a kangaroo.

Crawl

- Through a tunnel.
- Fast and slow to music or with a simple command to change.
- Pretending to be an animal on all fours.
- Over obstacles, such as different sized cushions.
- Crawling chases. Either all children chase crawling or have half as cats crawling after the other half who are hopping around as bunnies.

Running, Stopping and Starting

- Simple sound command to run, stop and run again.
- Hold Flashcard up to indicate run. Lower flashcard to indicate stop. Repeat.
- Music statues, where children run to the music and stop when the music stops.
- half of the children run while the other half stay still. Simple command to switch. Do faster or slower.
- Simple sound command to run, stop and run again. Children to stop in a certain way, e.g. on one leg, sit down, etc.

Walk forwards, backwards and sideways

- Different speeds. Changing speeds.
- To music. Following the rhythm of music when walking.
- Walk up and down different inclines. Walking faster and slower.
- Create a story about walking in different directions.
- Go for nature walks or walks in the community.

Tiptoes

- Stand on tiptoes for as long as possible.
- Move forward on tiptoes.
- Move backwards on tiptoes.
- Pretend to be a very tall giraffe on tiptoes.
- Create an active story where we need to sneak on our tiptoes so as not to be heard.

Mix it up

- Spin around in different directions, high up, mid- and low down.
- Balance on different body parts. The fewer the better.
- Move to music, fast and slow.
- Hop on one foot across a lily pad (spots on the floor).
- Pencil rolls across the floor or down a small hill.