

GROSS MOTOR & LOCOMOTOR SKILLS DEVELOPMENT

(Large Muscles)

Benefits

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

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.