



Gross motor skills



Gross motor skills refer to the child or young person's ability to use large muscles of the body in a controlled and coordinated way for example; to run, climb or use a bike. It also includes eye-hand coordination skills to enable the child or young person to take part in ball games.

Gross motor skills are required to perform every day functions, such as walking and running and to complete self-care tasks, such as standing on one leg to put on trousers.

A child or young person who experiences gross motor skill difficulty may:

- appear uncoordinated when running in comparison to peers
- have difficulty participating in group sports
- tire easily or fall more frequently than peers
- avoid gross motor tasks including sports

General tips and advice

- Practice short bursts of gross motor activities on a daily basis.
- Take regular rest periods when completing gross motor tasks.
- Observe others completing the task before you have a go- this will help you plan your movements.
- Keep it fun.

Bilateral Coordination

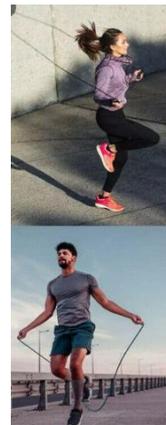


Bilateral coordination is the ability to use both sides of the body at the same time in a controlled and organized manner. It is required for mature hand dominance and effective two-hand co-ordination. A child with poor bilateral integration will have problems in body balance and co-ordination, unstable use of hands, poor two-hand co-ordination and concept of left-right orientation.



Activities to Promote Bilateral Coordination include:

- Ball games grading size of ball and progressing to bean bag and target practise games.
- Scooter board activities e.g. on tummy propelling with two hands (add cones for more difficulty) or using a rope to pull self along with two hands.
- Bat and ball games (tennis/rounders/cricket/badminton).
- Use a tennis racquet to bat a balloon in the air.
- Jumping Jacks
- Twister
- Scissor jumps (right arm and right leg go forward, left arm and left leg go back, then swop over so jumping like scissors).
- Skipping using a boxers rope
- Rope workout at the gym



<https://www.pinterest.co.uk/funspot123/gross-motor-activities/bilateral-coordination/>



Balance



Balance describes our ability to maintain stability with our bodies. It is a significant component of child development. We need to be able to balance in order to develop higher level gross motor skills such as climbing stairs, hopping and learning to ride a bike.



Activities to promote your child's balance include:

- Walk along a line/circle with heel-to-toe walking, changing direction, and walking backwards.
- Holding each leg up and trying to balance for as long as possible, increase difficulty by adding in ball play.
- While balancing on one leg, place an item on the floor and ask your child to pick it up, remaining balanced on one leg throughout. Change legs and try again.
- Practice dribbling ball while walking around cones, and practice with other foot also
- Balance pose- for as long as able to hold



- On all fours raise opposite arm and leg, maintain balance and change over.

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Eye Hand Coordination

Eye hand coordination is a skill that involves the coordinated movement of the eyes and the hands. It is a vital skill for sports such as rugby, tennis and netball, handwriting, self-care tasks like lacing shoes and doing buttons and play skills such as Lego.



Activities to promote your child's eye hand coordination include:

- Throwing and catching games.
- Throw a ball against the wall, progress from a bounce catch to a direct catch.
- Bat and ball games, such as table tennis, tennis or badminton.
- Target games such as basketball, netball.
- Swing ball
- Play Frisbee
- Play darts on dart board
- Making jewelry
- Construction activities, building 3D models, Lego Technic
- Dribble a football around cones.
- Boxing- Reflex activity or Punch bag.



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