

WHAT TO KNOW & HOW TO DEVELOP GROSS MOTOR SKILLS

»» PRESCHOOL - SCHOOL AGE CHILDREN

GROSS MOTOR PLANNING

©ToolsToGrow[®]

WHAT PARENTS NEED TO KNOW:

- Motor planning refers to the ability to conceive (think of) and perform unfamiliar and complex body movements in a coordinated manner. Children should be able to see the possibilities in their environment for movement.
- Motor planning also includes the ability to organize and sequence (put in order) the actions correctly.
- One aspect of motor planning involves a child's ability to imitate (copy what you do).

TRY THIS!

- Encourage your child to use their words to explain their ideas about how they want to start (initiate) the movement activity and then gently guide them as needed
- Play Simon Says
- Roll like a caterpillar
- Jump like a frog
- Spin like a top
- Fly like a butterfly
- Use a log to “walk the plank”
- Build a fort outdoors
- Play hop-scotch
- Jumping Jacks
- Yoga
- Make an obstacle course in the backyard (jump over a log, walk backwards on a rope, step into/out of a box, etc.)
- Some commercially available games that help with gross motor planning are: Twister, Red Rover, Wiggle & Giggle, I Can Do That (Cat in the Hat), and Hullabaloo