



LKG-ONLINE ACTIVITY

ACTIVITY TO DEVELOP GROSS MOTOR SKILLS:

WHAT ARE GROSS MOTOR SKILLS?

Gross motor skills involve the larger muscles in the arms, legs and torso. Gross motor activities include **walking**, running, throwing, lifting, kicking, etc. These skills also relate to body awareness, reaction speed, balance and strength.

Gross motor skills should be developed during infancy, toddlerhood and right through the preschool and early elementary/primary years.

Playing movement games at home is a great way to stimulate your child's gross motor development.

Here is one simple game you can play with your children that will work on a variety of skills – eye-hand coordination, balance, ball skills, spatial awareness, muscle strength and agility.

Hopscotch

This is an old favourite. Hopscotch is best played outside by drawing the squares with jumbo chalk on concrete or paving.

Here is an example of the formation of squares, but you can change this:



Take turns with your child jumping through the squares – hop on one foot on single squares and jump with two feet into double squares (one foot in each square). When you get to the end, turn around and hop back to the start. Learning to hop on one foot or two feet is an important skill for a preschooler and this is a great game to teach this skill.

When your child has mastered how to hop, vary the game by using a beanbag or stone and throwing it into the first square before beginning.

Then, hop over the beanbag and jump into the second square. Hop all the way to number 10, turn around and hop backwards, bending over to pick up the beanbag on one leg on returning to 1.

<https://youtu.be/fZzswQalCfM>