

## Sybil Elgar School | Our Transdisciplinary Team Newsletter

### Gross Motor skills

Gross motor skills are skills that develop by a child using their whole body and important role in children's overall development. Gross motor skills help children develop their core strength and support the improvement of balance, strength, stamina and coordination. These skills will be important in the long-term for developing your child's everyday functional skills, including dressing.

Below are some activity suggestions which can be incorporating into your child's daily routine to gradually develop their gross motor skills

### Gross motor skill activities

#### Bouncing a large ball

- Encourage you child to bounce, roll or kick a large ball. This activity might be good to play in your garden or a park.



#### Balloon activity

- Keeping a balloon up in the air by hitting it with their head, hands, arms or legs.



#### Bubbles

- Blow some bubbles and encourage your child to chase after them pop them



#### Chasing games

- Playing games like 'tag/it' to motivate your child to run



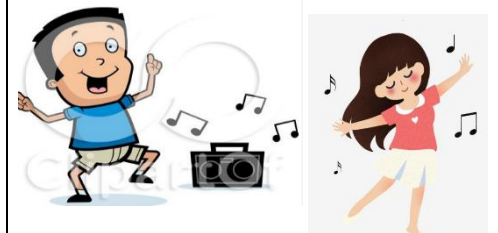
#### Simple obstacle courses

- Crawling through a tunnel
- Jumping
- Running
- Throwing bean bags into a box



#### Dancing

- Play some music and encourage movement



**Website:**

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



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