

# Gross motor skills

Here is a range of activities for you to try with your child to develop their gross motor skills. Gross motor skills involve the larger muscles in the arms, legs and torso.

As your child grows and develops they will develop new skills such as running, jumping, pedalling a bike or throwing and catching a ball.

# Activity ideas

Jumping with 2 feet together

Balance on 1 foot for a few seconds

Balancing on 1 foot

Hops on one foot

Riding a bike

Climb the stairs without support

Kick a ball

Catch a large ball

Pedal a bike