



# GROSS MOTOR SKILLS

## Physical Therapy – HPS

### What are gross motor skills?

The ability to control the muscles of the body for movements such as crawling, walking, jumping, and running.

**Core strength:** A weak core may impact your child's ability to sit in their classroom seat or on the floor, perform classroom activities, and maintain stability while standing still.

**Balance:** Difficulty maintaining balance will impact your child's ability to safely navigate the school environment.

### You Can Help!

For **Core Strength** have your child....

- Crawl through an obstacle course including over pillows, under tables, and up the stairs.
- Lay on their belly, propped up on their forearms while playing with a puzzle, looking at a book, or playing with a toy.
- Try a quadruped position (on all fours) reaching for toys or lifting a leg.

For **Balance** have your child....

- Walk through an obstacle course including over pillows, walking on a line (tape on the floor), and stepping over objects of various heights.
- Stand with feet together and lift one foot up to tap onto an object such as a cone, milk jug, plastic cups or a pitcher.
- Stand on one leg with eyes open or closed.