

# Large physical play and gross motor skills.

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# The British School of Beijing, Shunyi

# Large physical play and gross motor skills

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During this session we will cover.

- What are gross motor developments.
- Why are gross motor developments important.
- What are the typical age related milestones your child should be reaching.
- What can we do to help our children develop their gross motor skills.
- Specific activities to help develop their gross motor skills.

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What are gross motor developments.

- **Gross motor skills** involve control of the arms, legs, head, and core.
- **Gross motor skills** also includes eye-hand coordination skills such as ball skills (throwing, catching, kicking).

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## Why are gross motor developments important..

- They are crucial for everyday self care skills like dressing (where you need to be able to stand on one leg to put your leg into a pant leg without falling over) and climbing into and out of a car or even getting into and out of bed.
- Having good core strength allows children to sit at the table when it is time to write or do table top activities.
- Having good core strength also impacts a child's ability to navigate their environment (e.g. walking around classroom items such as a desk, up a sloped playground hill). Without fair gross motor skills, a child will struggle with many day to day tasks such as a eating, packing away their toys, and getting onto and off the toilet or potty.



Large physical play and gross motor skills

# Large physical play and gross motor skills

What are the typical age related milestones your child should be reaching.

18 months	<ul style="list-style-type: none"><li>•Sits, crawls, walks</li><li>•Still has wide gait but walking/running is less clumsy</li><li>•Pushes against a ball (does not actually kick it)</li></ul>
2 years	<ul style="list-style-type: none"><li>•Walks smoothly and turns corners</li><li>•Begins running</li><li>•Is able to pull or carry a toy while walking</li><li>•Climbs onto/down from furniture without assistance</li><li>•Walks up and down steps with support</li><li>•Picks up toys from the floor without falling over</li></ul>



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# Large physical play and gross motor skills

What are the typical age related milestones your child should be reaching.

3 years

- Imitates standing on one foot
- Imitates simple bilateral movements of limbs (e.g. arms up together)
- Climbs jungle gym and ladders
- Pedals a tricycle
- Walks up/down stairs alternating feet
- Jumps in place with two feet together
- Able to walk on tip toes
- Catches using body

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What are the typical age related milestones your child should be reaching.

4 years

- Stands on one foot for up to 5 seconds
- Kicks a ball forwards
- Throws a ball overarm
- Catches a ball that has been bounced
- Runs around obstacles
- Able to walk on a line
- Able to hop on one foot
- Jumps over an object and lands with both feet together

# Large physical play

What are the typical age related milestones your child should be reaching.

5 years

- Able to walk up stairs while holding an object
- Walks backward toe-heel
- Jumps forward 10 times without falling
- Skips forwards after demonstration
- Hangs from a bar for at least 5 seconds
- Steps forward with leg on same side as throwing arm when throwing a ball
- Catches a small ball using hands only

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What are the typical age related milestones your child should be reaching.

6 years

- Runs lightly on toes
- Able to walk on a balance beam
- Able to skip using a skipping rope
- Can cover 2 metres when hopping
- Demonstrates mature throwing and catching patterns
- Mature (refined) jumping skills

# Large physical play and gross motor skills

What can we do to help our children develop their gross motor skills.

- We can help our children develop their gross motor skills by providing opportunities for them to do the following.
  - run
  - jump
  - hop
  - throw and catch
  - climb up, down, over, under and through things
  - pedal tricycles or other ride-on toys
  - push and pull
  - Fill and empty containers

# Large physical play

Specific activities we can do to develop our children gross motor skills.

- These activities can take place inside and outside, some are more suited to being done outside but here in Beijing we have to be mindful of the pollution.
- Run- different speeds or directions. Have a race with your child, who is going to come 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>?
- Skipping rope- initially they will just have fun with the rope but practice and anything is possible!



# Large physical play

Specific activities you can do with your child to develop their gross motor skills.

- Draw hop scotch on the ground or use number tiles.



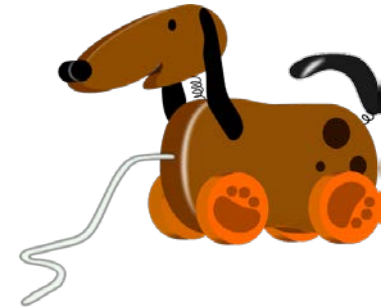
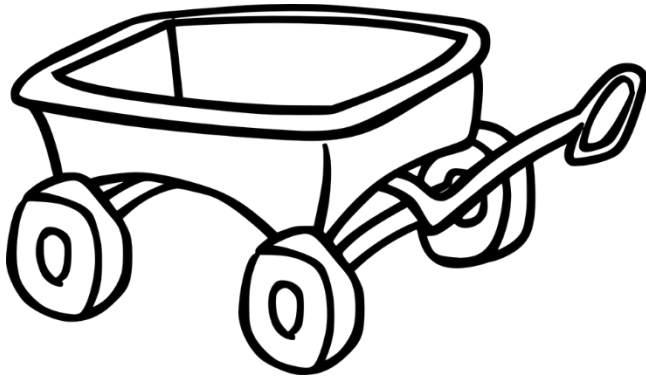
- Throw and catch balls of different sizes.



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Specific activities you can do with your child to develop their gross motor skills.

- Attach string, ribbon or rope to their favourite car or toy with wheels on and let them pull it.



- Pushing their toys around.





# Large physical play

Specific activities you can do with your child to develop their gross motor skills.

- Ride on cars or bikes.



# Large physical play and gross motor skills

Specific activities you can do with your child to develop their gross motor skills.

- Filling and emptying containers.



- Crawling through tunnels.



# Large physical play and gross motor skills

Specific activities you can do with your child to develop their gross motor skills.

- Dance!- put on some music and dance and either freestyle or through songs with movements, such as "Head, Shoulders, Knees, and Toes"; "I'm a Little Teapot"; "The Wheels on the Bus"; or "Popcorn": *I'm a piece of popcorn, put me in a pan/Shake me, shake me, as fast as you can* (child shimmies, shakes, and jumps)/*And I ... will ...* (child crouches down low) ... *POP!*" (child jumps as high as he can).
- Put all the cushions on the floor and make an obstacle course inside.
- Try walking in different ways- waddling ducks, stiff-legged robots, galloping horses, soaring planes, stomping dinosaurs!

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Specific activities you can do with your child to develop their gross motor skills.

- Go to the park.



- Trampoline fun.



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## In summary

- Remember it is important to have physical play with your child. Make the most of being outside when the weather allows and enjoy playing chasing games or stomping around outside like a dinosaur. As your child gets older go on bike rides together.
- Workshops next term;
- 16<sup>th</sup> April - EYFS Transition Workshop with the Heads of EYFS, Year 1, Chinese, EAL and German.

Thank you for coming





**Thank you.**