

Gross motor skill activities - for children aged 2+



Description

Gross motor development should come before fine motor. The larger muscles need to aid the smaller muscles used in fine motor activities.

This will also develop your child's vestibular system which is the sensory system that provides the leading contribution to the sense of balance and spatial orientation for the purpose of coordinating movement with balance.

Resources needed (these are optional just to motivate and engage children, but the activities are focused on body movements).

- Paper and scissors to make a homemade kite.
- Chalks or papers to make a hopscotch.
- A ball or a safe object to throw and catch.
- Ribbons or newspaper to rip and throw in the air.
- Bike, scooter or any other equipment to go out for a ride.
- Bubbles with water and soap.
- Any logs, planks, slides, tyres, boxes, chairs or objects to make an obstacle course.
- A cloth to wipe mirrors or windows.



Duration

Open-ended, as long as children can keep their interest.

Intent

To create everyday opportunities for children to move their body in different ways such as ***jumping, rolling, running, skipping***.

Implementation

1. Running around, flying a homemade kite.
2. Rolling down the hills.
3. Play hopscotch.
4. Play throwing and catching games with a ball. (The older the child the smaller the ball should ideally be).
5. Make big art, such as throwing ribbons!
6. Go on an outdoor scavenger hunt.
7. Ride a bike.
8. Blow bubbles and chase them!
9. Make an obstacle course to go through.
10. Cleaning windows/mirrors (encourage anticlockwise movements as it will be beneficial for their future letter formation).

EYFS Learning outcomes

Physical development

Moving and Handling

- Runs safely on whole foot.
- Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.
- Can kick a large ball.
- Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.
 - Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
- Can catch a large ball.



- Experiments with different ways of moving.
- Jumps off an object and lands appropriately.
 - Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.
 - Travels with confidence and skill around, under, over and through balancing and climbing equipment.
- Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

Health and safety

- Understands that equipment and tools have to be used safely.
- Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.
- Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.

Characteristics of Effective Learning

Playing and exploring:

- Finding out and exploring.
- Being willing to 'have a go'.

Active learning:

- Being involved and concentrating.
- Keeping trying.
- Enjoying achieving what they set out to do.

Creating and thinking critically:

- Choosing ways to do things.

