

## Gross Motor Activities for Toddlers and Preschoolers

### What are gross motor skills?

Gross motor skills involve using large muscles and are important for everyday activities like walking and dressing. They help the whole body to move. They also help keep the body stable or still for activities like sitting at the table when eating or colouring.

### Gross motor skills for Toddlers and Preschoolers

Toddlers work on the earlier skills of bending, squatting, twisting, running, and kicking. Preschoolers work on balance, jumping, throwing, catching and pedaling a tricycle.

### How can we work on gross motor skills?

Finding ways to play and be active are the best ways to build these skills. Exploring your environment by walking, crawling, running, and climbing all build skills.

- Games that involve movement – stacking boxes, dressing relays, scrubbing and cleaning rider toys, cleaning up their toys
- Balloon games
- Running games – tag, What Time is it Mr. Wolf,
- Silly Walks or animal walks
- Obstacle course – indoors and outside
- Simon Says
- Musical Statues
- Yoga
- Dancing
- Chasing or clapping or stepping on bubbles
- Toys up on coffee tables or couches so can stand and reach, bend and squat
- Balls of many different sizes to throw, catch, roll, and kick
- Chalk paths to follow, jump over or jump into
- Playing in the park

