



Gross Motor Skills



Gross Motor Skills: helps a child gain **strength** and confidence in his/her body. It also helps them get **exercise** and physical activity, which is important for a healthy lifestyle. Developing these skills helps a child's ability to do more complex skills in future activities, such as playing soccer with a team. It also support with **balance and coordination**.



Warm up/ starter activities.

- Yoga is a great way of developing your child's Gross Motor Skills
- A little bit everyday will support with whole body movements, muscles, balance and also calm the mind. This will support with behaviour and attention skills.
- Use this as daily mantra!



Yoga.

Yoga Cards

Warrior II Pose

Virabhadrasana II

Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves bad aches.



1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Yoga Cards

Chair Pose

Utkatasana

Benefits: Strengthens legs, stretches shoulders and chest.



1. Start in mountain pose.
2. Exhale, and bend your knees as if you were sitting in a chair.
3. Reach your arms towards the ceiling, with your palms facing each other.
4. Hold this pose and breathe.

Yoga Cards

Mountain Pose

Tadasana

Benefits: Improves posture, strengthens core, muscles and legs.



1. Stand tall with your weight balanced evenly on your feet.
2. Firm your thigh muscles and pull in your tummy.
3. Press your shoulders back and hold your arms out straight, a little way from your body.
4. Breathe deeply and hold as long as needed (at least two long breaths).

Yoga Cards

Tree Pose

Vrikshasana

Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.



1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead; look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

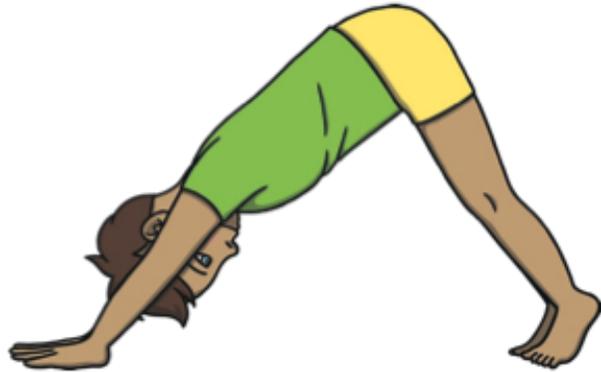
Yoga.

Yoga Cards

Downward-Facing Dog

Adho Mukha Svanasana

Benefits: Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches, back pain and fatigue.



1. Begin on hands and knees with toes tucked under.
2. Exhale, strengthen knees and lift hips, so that you are in an upside-down V.
3. Hold this position for as long as you like.
4. To release, exhale and bring knees to the floor.

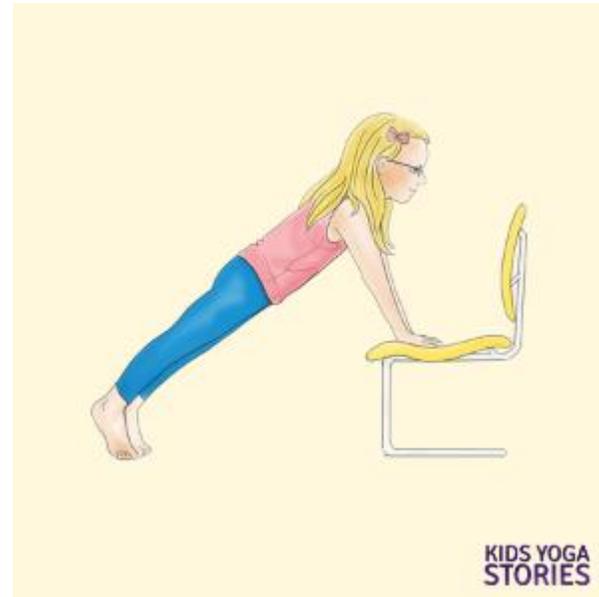
Yoga Cards

Preparation and Safety

- Age** 5-7
- National Curriculum** Develop balance, agility and co-ordination.
- Time** Can be adapted to any setting or time frame.
- Preparation** Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.
- Safety** Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.



<https://www.youtube.com/watch?v=0JD2b1g7nro> Chair Yoga.



Chair Yoga.



KIDS YOGA
STORIES



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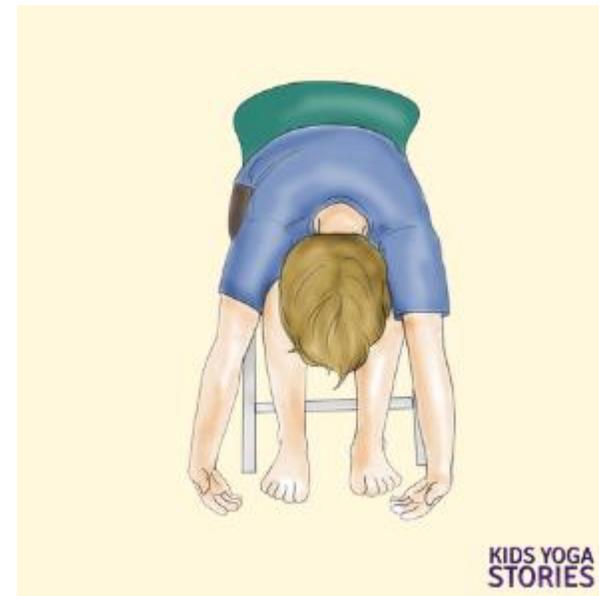
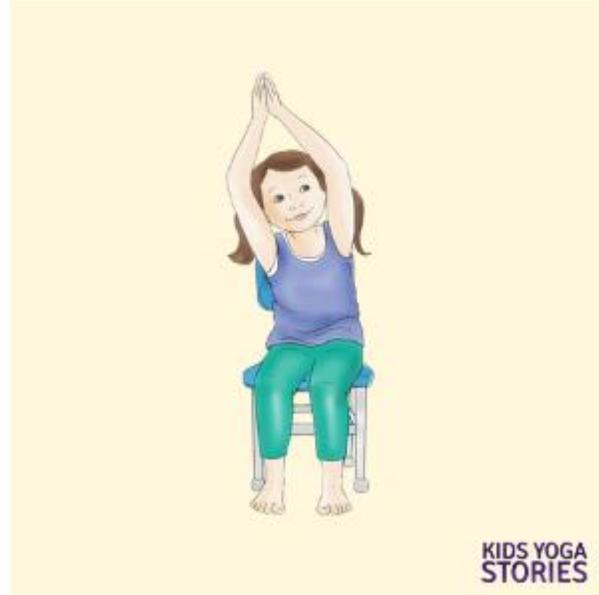
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STORIES



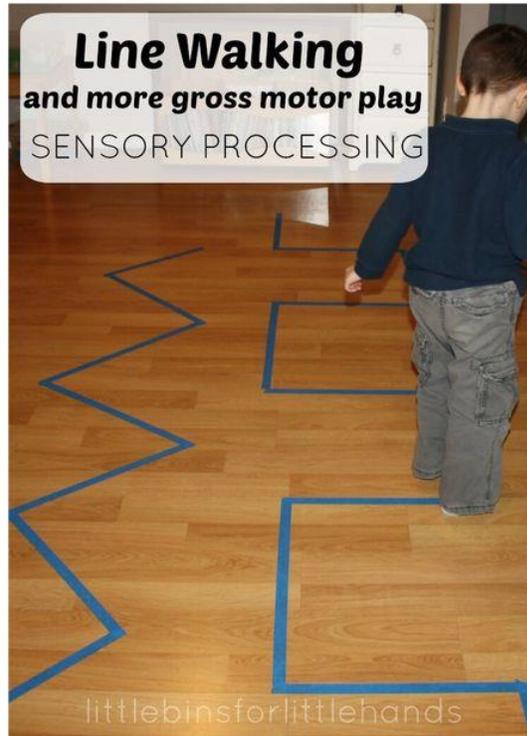
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Chair Yoga.

- Try a few poses each day
- You can find the benefits and ways to do the poses on this link
- <https://www.kidsyogastories.com/chair-yoga-poses/>
- They can make up their own stories when doing the poses.
- Do them as a family!



Indoor gross motor skill activities

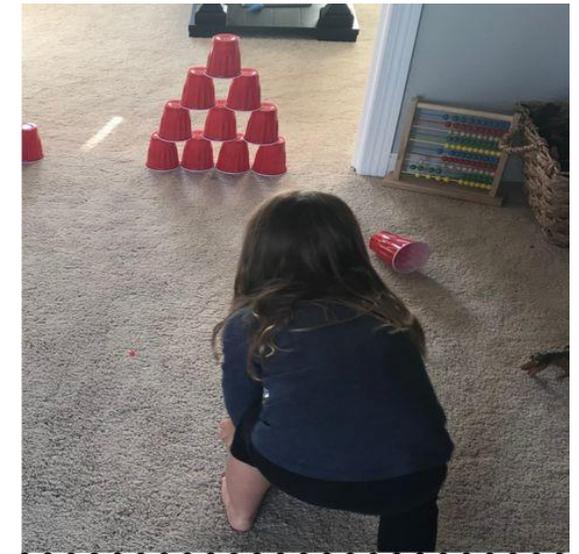


- Children can practise coordination and balance by walking along on the line. You use tape or shapes to make a pattern and walk on them.
- Indoor hopscotch
- Jumping on shapes - This can be linked to maths

Indoor gross motor skill activities



- Make your own obstacle course in the house. Jump/ leap on to pillows/ make your own tunnel. Travel through string lazer beams.
- Play indoor bowling, this will support hand and eye coordination too



Indoor
BOWLING



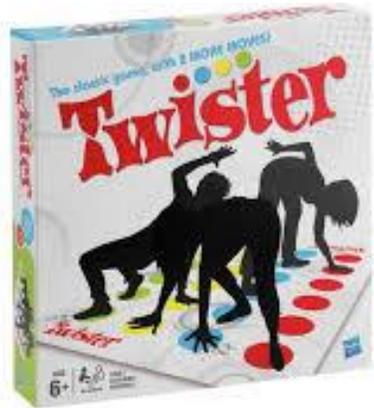
Indoor gross motor skill activities



- Large scale mark making/ writing.
- You could roll out wall paper and practise making large shapes and patterns
- You could do hand painting or feet painting too.

Twister

- Playing games like Twister can be a fun way of developing GMS



Dancing

- Dancing can be fun and a great way of developing coordination



Hoops

- Go through the hoops like a tunnel
- Aim and throw a ball through the hoops
- Hula hooping around your body

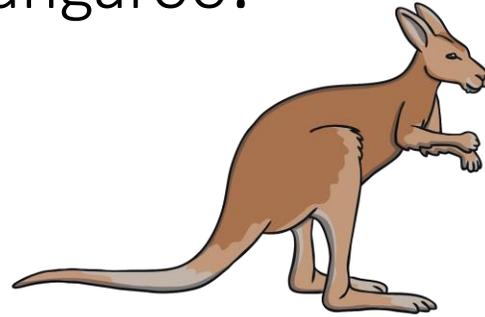


Moving in different ways

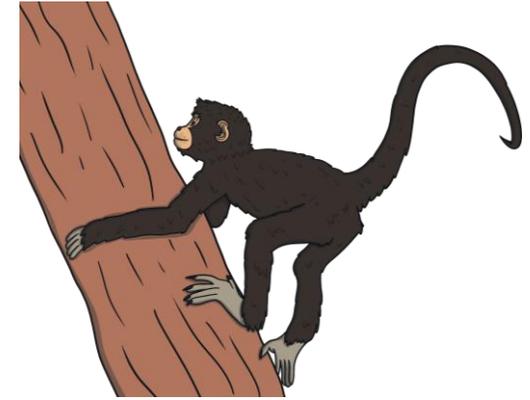
Gallop like a horse.



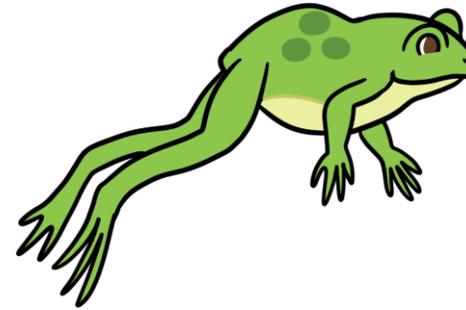
Bounce like a kangaroo.



Climb like a monkey.



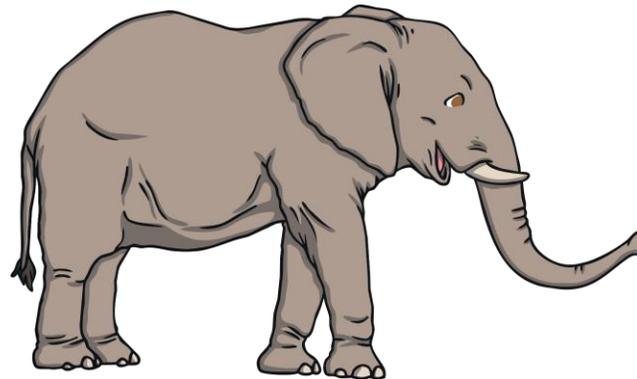
Hop like a frog.



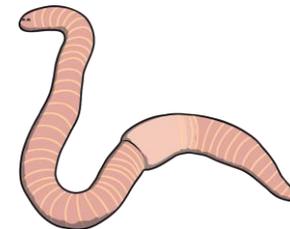
Flutter like a butterfly.



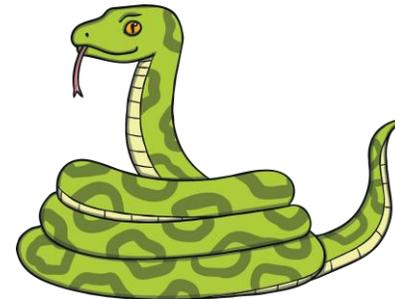
Stomp like an elephant.



Wriggle like a worm.



Slither like a snake.



Outdoor GMS



Outdoor Gross Motor Skills Area

Build an obstacle course to practice your superhero skills! Superheroes need to be able to crawl under, climb over and balance along. How can you use the equipment to practise these skills? You might need to work as a team!



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Outdoor Gross Motor Skills Area

Superheroes need to stay fit. Can you do 10 star jumps, 10 hops and then 10 jumps across the playground?



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Outdoor GMS



Outdoor Gross Motor Skills Area

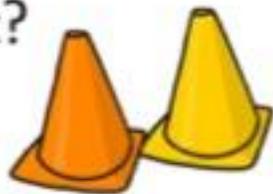
Take big superhero steps across the playground. How many steps did you need to take to get all the way across? Try again and take even bigger steps!



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Outdoor Gross Motor Skills Area

Here is the superhero obstacle challenge. Can you get around the course before the timer runs out?



twinkl.co.uk

walking

mergind



running

fugind



leaping

alifind



twinkl.com

Bubbles

- **Visual tracking skills**

Bubbles are a fun way to help develop visual skills. Because bubbles are eye-catching and slow moving they are a great way to help your little one learn to use her eyes to fix, focus and track, thus developing vital visual tracking skills that are needed at a later stage, especially in school.

- **Bubbles provide motivation to move**

- Bubbles provide many opportunities to work on **developing balance reactions** as he moves after the bubbles. There is a lot of starting, stopping, changing direction, shifting weight, reaching up and squatting up and down. What an awesome workout!

- **Hand-eye and foot-eye coordination**

Popping bubbles, be it with the whole hand, two hands, a finger, a foot, a toe all helps the development of hand-eye or foot-eye coordination. These early movement experiences form the basic building blocks of catching, hitting, throwing and kicking skills involved in ball sports.

- **Oral Motor skills- develops speech and mouth muscles**

- **Body Awareness**

- *Look, the bubble is near your hand;*
- *Stomp on it with your foot;*
- *Reach your arms up and try to touch the bubbles;*
- *Can you pop one with your nose?*

