

Gross Motor Skills

When playing with children, ask yourself:
“How does this activity help with a child’s physical literacy?”



Milestones for Gross Motor Development

12-15 month old babies

- Pull themselves up to standing position
- Walk by holding onto furniture
- Drink from a cup with help

15-18 month old babies

- Walk without help
- Dump contents out of a box

2 year old

- Walks alone
- Pulls toys behind her while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Walks up and down stairs holding on to support

3 year old

- Runs around obstacles
- Catches large balls and throws overhead
- Climbs ladders; uses slide independently
- Rides a tricycle
- Alternates feet when climbing stairs

4 year old

- Running is more controlled; can start, stop and turn
- Turns somersaults; hops on one foot; gallops
- Can easily catch, throw, and bounce a ball
- Can brush teeth, comb hair, wash and dress with little assistance

5 year old

- Runs in an adult manner
- Walks on tiptoe, broad jumps
- Walks on balance beam
- Skates and jumps rope

Educational activities that encourage gross motor skills

Blocks (various types and sizes)

Balls (various sizes)

Ride-on vehicles

Dancing

Running

Walking

Balance beams

Outdoor play equipment

Obstacle courses

Bicycles, tricycles

Water and sand tables

Stairs, ramps

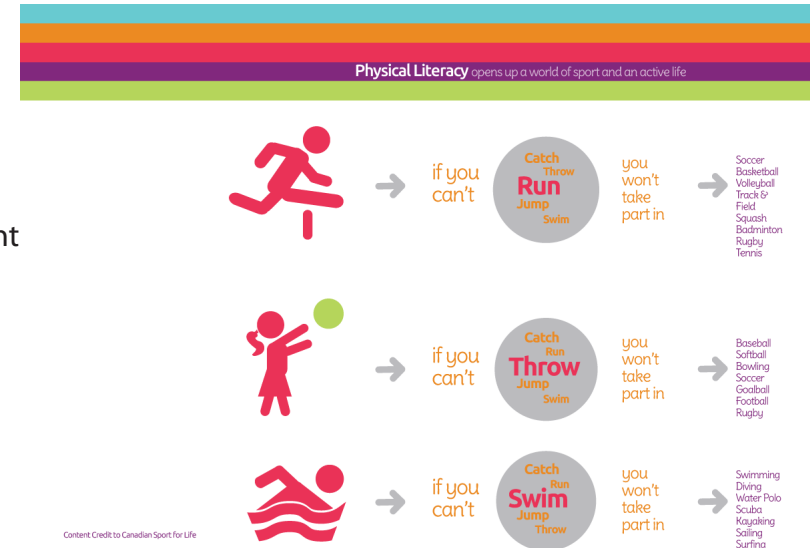
Gymnastics

Skating

Jumping

Yoga

Team sports



Physical literacy is defined as the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

www.phecanada.ca

Correlation

Our program engages children in various forms of gross motor activities so they can learn how to move their bodies with ease. This awareness of physical literacy aids in the proper development of gross motor skills, which is crucial for developing fine motor skills.