

## Developing Gross Motor Skills

### Games and activities to support the child in developing these skills:

- Animal walks
- Assault courses
- Balance board
- Ball games such as catch and kicking
- Climbing equipment at the playground
- Commando crawls
- Dancing
- Gym ball games
- Hop-scotch
- Obstacle courses
- Peep behind the curtain
- Simon said
- Skipping songs
- Skipping with rope
- Swimming
- Teddy bear roles
- Tight rope walking
- Trampolining
- Tug of war
- What's the time Mr Wolf
- Wheel-barrow walks
- Zoomball

