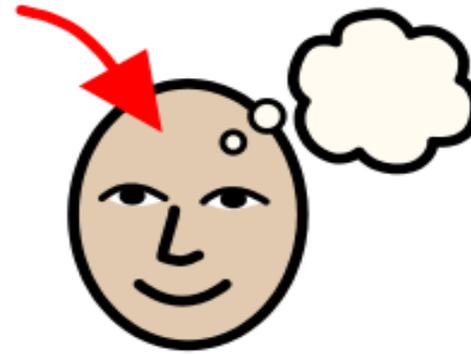




Home



learning

Indoor gross motor skill challenges



HerewardCollege
PROMOTING INDIVIDUAL ACHIEVEMENT

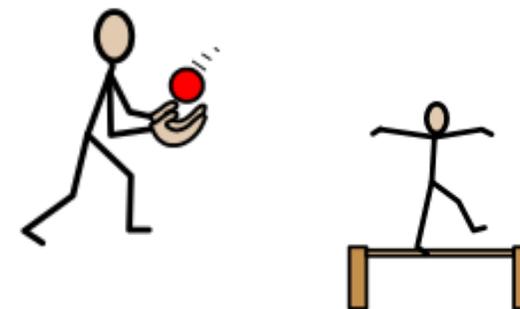
Gross motor skills

Gross motor (physical) **skills** are those which require the whole body and involve movement using the core stabilising muscles in our body. Gross motor skills are used in movements which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing and walking, running and jumping, and sitting upright at the table.

We use our gross motor skills for things that require agility, balance and coordination.

We use gross motor skills when we carry out the following activities:

Walking Running
Balancing Catching a ball
Jumping Climbing



Practising gross motor skills can help learners to feel more confident in their body and can help them to gain strength.

Here are some suggestions as to how you can continue to work on your fine motor skills in the home.

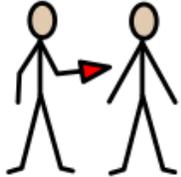
Arm pushes



Challenge



Can



you

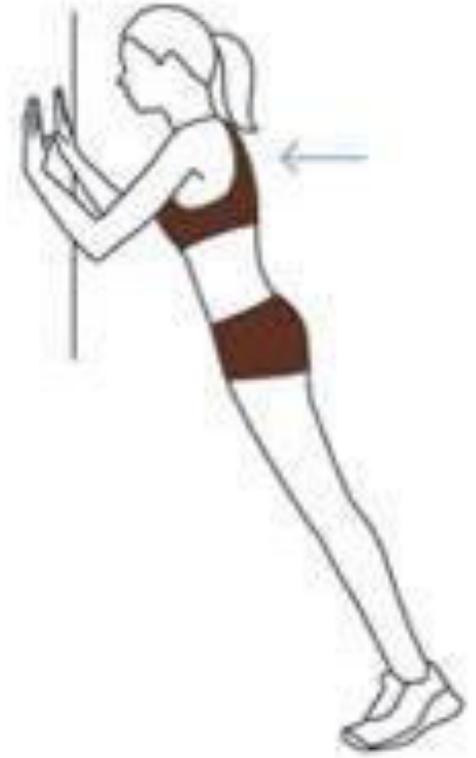
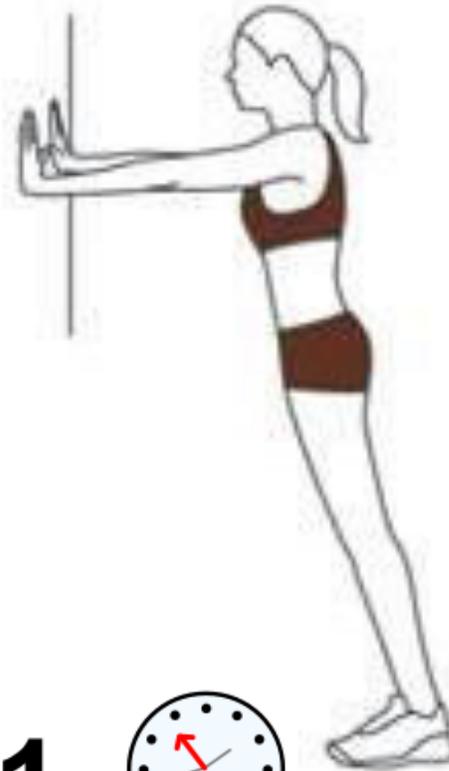
do



some

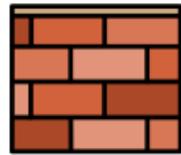


arm



pushes

off the



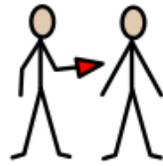
wall?



How many



can



you

do in

1



minute?

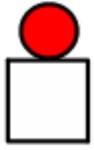
Chair raises



Challenge



Sit



on



a chair.



Hold



the

side

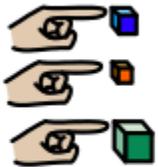
of the



chair



with



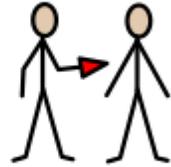
each



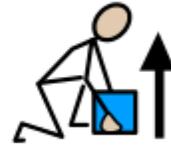
hand.



Can



you



lift



yourself



off



the

chair?



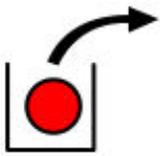
Air numbers



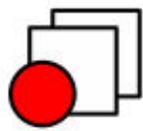
Challenge



Hold your arm



out



in front

of



you

and



draw

the

123

number

8



8

in

the



air.



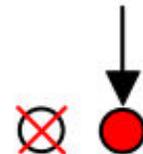
Can



you



draw



other

123

numbers

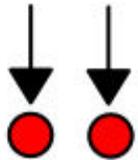


too?



Try

with



both



arms.



What

numbers

123



can



you



write?

0

1

2

3

4

5

6

7

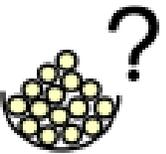
8

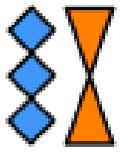
9

Jumps



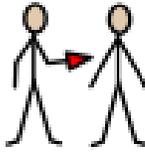
Challenge


How many

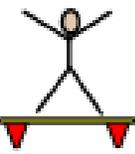

different

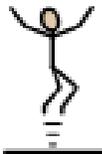

jumps


can


you


do?


star jumps


high jumps


low jumps

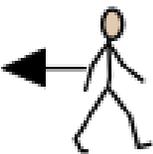


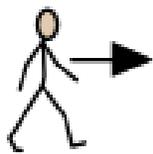
side

to



side


backwards


forwards


eyes open


eyes closed



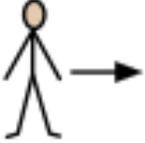
Walking wonders



Challenge

Try walking in different directions and speeds



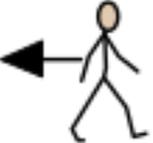

sideways

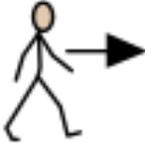

fast


slow

 |
tiptoe




backwards


forwards

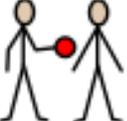
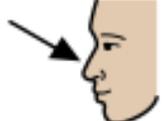
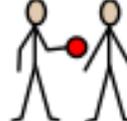

eyes open

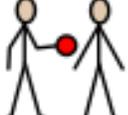

eyes closed

Ear and nose



Challenge

 Touch  your  nose with  your  finger from **1**  hand and

 your  ear with a  finger from  your  other  hand.

?  you  swap  hands? **?**  you  do it with  your

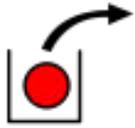


eyes closed?

Keep the beat



Beat



out



a rhythm with



your



hand

on a



table

or on



Challenge



the floor.

Then try to

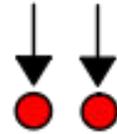


do

the same



with



both



hands.



Can



you



do



different



beats

with



each



hand?

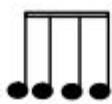


Can



you

tap the



beat

to



your



favourite



song?