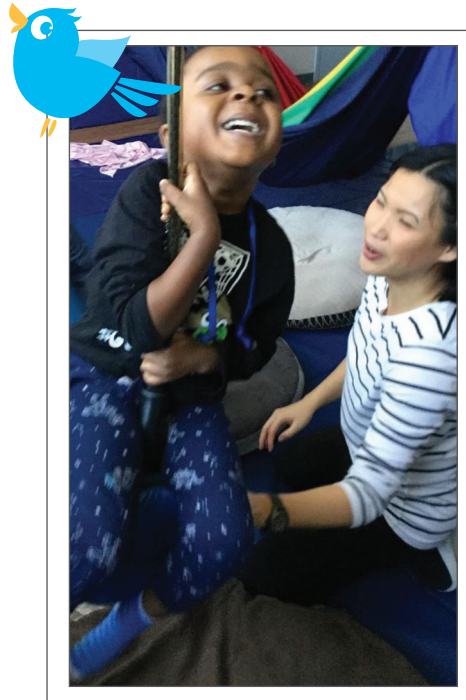


Gross Motor Home Program: Advanced Skills

Creative Ways to target advanced gross motor skills at home and in the community.



Your Child is Working On:

- Jumping forward
- Jumping over an obstacle
- Hopscotch
- Skipping

What to do at Home: Encourage your child as they practice these new skills. Take a video using your phone and let your child watch themselves. Point out their strengths.

- "Wow – you are getting so strong! Look how high you are jumping in this video!"

BBD Tip: Your child is being challenged to perform advanced gross motor skills. These require increased strength, agility, power, and coordination.

Mastering these skills will improve your child's coordination and stability while navigating higher level obstacles. By mastering these skills, your child will:

- Continue to progress in their higher-level play skills
- Maximize participation in age appropriate gross motor games
- Maximize participation in recreational activities

Gross Motor Home Program: Advanced Skills

You Can Help Your Child During:

Playtime:

- Pretend you are animals who jump
 - Ex. frogs, kangaroos, grasshoppers
 - Provide visual cues to promote jumping with two feet, opposed to leading with one foot
- Pretend you are animals who skip
 - Ex. horses
 - Practice skipping on one foot, and then transitioning between different feet
 - Provide demonstration to ensure your child is transferring their weight smoothly and evenly
- Practice jumping or leaping over hurdles by tying a rope between two chairs and jumping over it. See how high you can jump without touching the rope!
- Play leap frog to promote broad jumping for distance
- Hopscotch to practice jumping while transitioning between one foot, to two feet
 - Provide visual cues through a chalk drawing or floor markers
- Practice leaping from surface to surface
 - Pretend you are jumping over puddles
 - Play "The floor is lava"
- Freeze Dance! Look up YouTube videos, which include a variety of gross motor skills, including dancing, hopping, skipping, and spinning. Your child will develop agility and motor coordination required to quickly start and stop moving.

Tips and Tricks:

- Favorite YouTube Channels:
 - GoNoodle
 - Cosmic Kids Yoga