

Gross Motor Skills

Gross motor skills are the skills that children develop using their whole body. Gross motor skills and fine motor skills are closely linked. The following areas of gross motor development are essential for the progression of fine motor skills.

Developing gross motor skills involves the following:



postural control



vestibular processing

(sensing any change of position, direction or movement of the head)



proprioception

(an awareness of where our different body parts are, how they move and how much strength each muscle needs to move)



large muscle strength



shoulder girdle stability

(involves the large muscles of the shoulder girdle, including the muscles at both front and back, contracting together in order to stabilise the shoulder blade and the shoulder joint)



crossing the midline



upper body strength