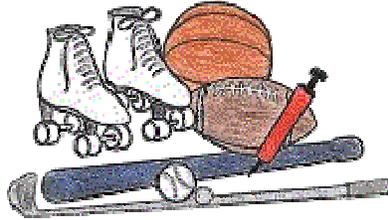


# What are Gross Motor skills?



**Gross motor skills are the movements of the large muscles of the body. Children learn new gross motor skills by practicing them until the skill is mastered, and can be seen in preschool readiness activities such as:**

- **Jumping**
- **Hopping**
- **Climbing**
- **Skipping**
- **Catching and kicking balls**
- **Ball games**

**Because gross motor skills are so obvious, they tend to be the skills that we as parents will notice first if they are not quite right. Concerns often exist about sending a child to preschool with gross motor difficulty, as gross motor skills can make up so much of a child's preschool day.**

**Good gross motor skills are essential, because the body develops from large movements such as control of the arms and the legs, to small, isolated movements that include the hands and fingers. Without reasonable gross motor control, it can be difficult for children to move onto developing the fine motor skills that are so essential to starting preschool.**

**Gross motor skills start to develop right at birth, with trunk and head control and keep developing at a rapid pace right up until we are around the ages of 6 and 7.**