



# MOTOR SKILLS

What are motor skills?

# Today we are thinking about two types of motor skills

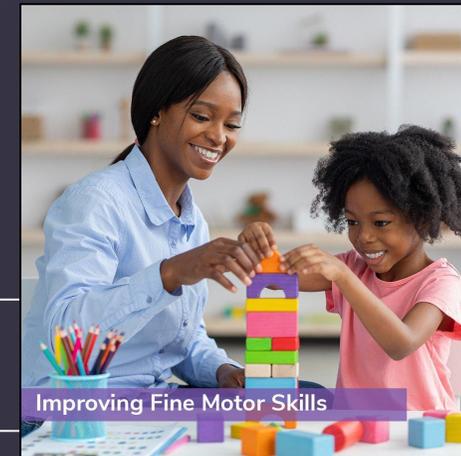
## GROSS MOTOR SKILLS

Gross motor skills are the movements we make with large muscles, like those in your legs, arms and torso. “Gross,” in this case, means “large,” and “motor” means “movement.”



## FINE MOTOR SKILLS

Fine motor skills are the ability to make movements using the small muscles in our hands and wrists. We rely on these skills to do key tasks in school, at work, and in everyday life.



<https://youtu.be/yuVkkhpiHTA>

**GROSS MOTOR SKILLS**  
**FINE MOTOR**

	<b>Clasps Hands</b> <input type="checkbox"/>		<b>Holding crayons and pencils</b> <input type="checkbox"/>
	<b>Touch the Pointer Finger</b> <input type="checkbox"/>		<b>Opening Lunch boxes</b> <input type="checkbox"/>
	<b>Control Fingers Individually</b> <input type="checkbox"/>		<b>Hair Brushing</b> <input type="checkbox"/>
	<b>Pinching Pick up Objects by pinching them</b> <input type="checkbox"/>		<b>Buttoning</b> <input type="checkbox"/>
			<b>Zippering</b> <input type="checkbox"/>

Dunton Slagle

What do you do already with your child to develop motor skills?

Are the activities you are describing gross or fine activities?

**Let's create a bank of ideas to help promote the development of your child's GROSS and FINE motor movement.**

GROSS MOTOR MOVEMENT	FINE MOTOR MOVEMENT
Making the bed Folding blankets Walking along a line of the pavement (balance) Swimming Cycling Monkey bars in the park Trampolines / trampettes Skateboarding	Tennis ball and targets Balloon tennis Tying shoe laces Putting socks together Chopping / rolling / stirring - cookery Playdoh Threading - making a pasta necklace Washing up Instruments