

# Gross motor skills fact sheet and activity ideas

## What are gross motor skills?

Gross motor skills involve movements of the large muscles of the arms, legs, and torso. These skills involve the coordination of the muscles and the neurological system. They impact balance and coordination. They also form the basis for fine motor skills that help us make small movements.

## What are the building blocks to develop gross motor skills?

- **Neuromusculoskeletal and Movement-Related Functions:**
  - **Range of Motion:** The ability for a joint to move through its available degrees of freedom
  - **Muscle Power:** The available strength of a particular group of muscles
  - **Muscle Tone:** The degree of muscle tension (e.g., flaccidity, spasticity, fluctuation)
  - **Muscle Endurance:** Sustaining muscle contraction
  - **Involuntary Movement Reactions:** Postural reactions, body adjustment reactions, supporting reactions
  - **Control of Voluntary Movement:** Bilateral integration, crossing the midline, and oculomotor function
- **Motor Skills:** *Observable elements of gross motor actions that have an implicit functional purpose; motor skills are considered a classification of actions, encompassing multiple capacities and, when combined, underlie the ability to participate in desired activities.*
  - **Stabilization:** Moves through the environment and interacts with task objects without momentary propping or loss of balance

# Objective Statements For Fine Motor Skills

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## **Objective Statements For Fine Motor Skills:**

*Hand Function in the Child* Anne Henderson, PhD, OTR,Charlane Pehoski,2005-09-29 This comprehensive resource and clinical guide for students and practicing pediatric therapists features current information on the neurological foundations of hand skills the development of hand skills and intervention with children who have problems related to hand skills Covers foundation and development of hand skills therapeutic intervention and special problems and approaches Is readable concise and well organized with a consistent format throughout Integrates recent research findings and current thinking throughout the text Emphasizes neuroscience and the hand s sensory function and haptic perception Applies neuroscience and development frames of reference throughout Implications for practice included in each chapter Presents concepts in the foundation development chapters that are linked with the intervention chapters Seven new chapters reflect current practice in the field and cover cognition motor skills handedness fine motor program for preschoolers handwriting evaluation splinting the upper extremity of the child pediatric hand therapy and efficacy of interventions Extensively revised content throughout includes new research and theories new techniques current trends and new information sources 9 new contributors offer authoritative guidance in the field Over 200 new illustrations demonstrate important concepts with new clinical photographs and line drawings Over 50 new tables and boxes highlight important information An updated and expanded glossary defines key terms

**Effective Instructional Strategies** Kenneth D. Moore,2009 Applying the latest research findings and practical classroom practices this book provides thorough coverage of the strategies and skills needed for effective teaching

[The Power of Projects](#) Judy Harris Helm,Sallee Beneke,2003 Building on her enormously popular book *Bringing Reggio Emilia Home* Louise Cadwell helps American educators understand what it means to use ideas from the Reggio Approach in their classrooms In new and dynamic ways Cadwell once again takes readers inside the day to day practice of a group of early childhood educators This time she describes the growth and evolution of the work in the St Louis Reggio Collaborative over the past 10 years

**The Physical Therapist's Guide to Health Care** Kathleen A. Curtis,1999 The Physical Therapist s Guide to Health Care is the simple clear approach to understanding health care in today s changing environment This book provides a strategy based approach to help physical therapists successfully manage change and meet the challenges of clinical practice in common practice settings This essential text includes an introduction to health care that covers the basics of health care financing health care reimbursement systems cost containment strategies and referral services Important issues covered in this book include trends in acute subacute home health care practice outcomes management and prevention Chapters include information on health care reimbursement systems and cost containment strategies time and caseload management documentation requirements quality management in physical therapy and the role of the physical therapist in prevention and wellness Check out our new website dedicated to *The Physical Therapist s Guide to Health Care* This innovative new website presents valuable up to date information as it becomes available You can visit the

site at [ptguide.slackinc.com](http://ptguide.slackinc.com) Dr Kathleen A Curtis is the winner of the President's Award of Excellence for 2005 at California State University Fresno

Instructional Design Patricia L. Smith, Tillman J. Ragan, 2004-12-07 A well documented theory based treatment that focuses on instructional design's application to industry and K-12 education Offers extensive procedural assistance emphasizing the foundations and first principles upon which most of the models and procedures in the field are built An Extended Example now online showcases applications of concepts and techniques using a single subject area and course Digital Photography

**High-Functioning Autism/Asperger Syndrome in Schools** Frank J. Sansosti, Kelly A. Powell-Smith, Richard J. Cowan, 2010-05-13 Meeting a growing need for school based practitioners this book provides vital tools for improving the academic behavioral and social outcomes of students with high functioning autism or Asperger syndrome HFA/AS Research based best practices are presented for conducting meaningful assessments collaborating with teachers students and parents to prevent school difficulties and problem solve when they occur and developing effective individualized education programs IEPs In a large size format to facilitate photocopying the book features a wealth of practical prevention and intervention strategies illustrated with concrete examples Over a dozen reproducibles include interview forms and observation sheets This book is in The Guilford Practical Intervention in the Schools Series edited by Sandra M Chafouleas

Autism Treatment Guide Elizabeth K. Gerlach, 2003 This 3rd edition is a comprehensive resource guide for parents and professionals in the autism community It presents facts research information and effective treatment options in a clear and concise way Learn about diagnostic process intervention techniques therapies biomedical treatments diets and much more Every section includes a written introduction to that topic and an explanation of that topic's relevance to the field of autism followed by a list of related resources and suggested readings The real meat of this book is in the wide ranging contact information names numbers websites for clinics medical centers organizations and key personnel You can spend hours Googling or you could buy this book Helpful sections include Diagnosis Tests Education Biomedical Interventions Dietary Interventions Sensory Physical therapies Intensive Interventions Music Interventions Relaxation Techniques TEC list

Therapeutic Recreation Leadership and Programming Robin Ann Kunstler, Frances Stavola Daly, 2010 Therapeutic Recreation Leadership and Programming arms students with the information they need to succeed as therapeutic recreation specialists They'll learn the practical aspects of the profession and develop a leadership mind set The book focuses on day to day tasks of the TRS and integrates ethical considerations into each aspect of the job

*The Paraprofessional's Essential Guide to Inclusive Education* Peggy A. Hammeken, 2009 A well designed reference and learning tool for paraprofessionals The valuable templates can easily be reproduced and used with students Renee Bernhardt Special Education Teacher Johnston Elementary School Woodstock GA This is a great guide I have already used excerpts for an informal paraprofessional workshop in my school The paraeducators thought that it covered all the areas of concern that they have They couldn't believe how many ready to use ideas it had Dawne Dragonetti Special Education Teacher and

Instructional Coach Center School Stow MA Hundreds of strategies that promote success for struggling students in inclusive classrooms Paraprofessionals are essential in helping students with special needs access the general education curriculum and receive the individualized attention they need This updated edition of *Inclusion An Essential Guide for the Paraprofessional* answers paraprofessionals most common questions and provides extensive strategies for all content areas Developed as a daily hands on working manual the completely revised edition includes a new chapter on reading expanded chapters throughout additional activities for classroom use more than 75 new strategies and more than 50 forms available on a CD ROM for easy reproduction Ideal for experienced or novice paraprofessionals this volume includes techniques for supporting students in reading spelling language and mathematics and covers topics such as Inclusive practices Policies procedures and schedules Accommodations and modifications for the classroom Communication and organizational skills Peer tutoring Behavior management Confidentiality and reporting Also an appropriate handbook for working with general education students who may need additional help to experience academic success this resource provides the ideal support for all paraprofessionals working in the general education classroom

### **Pediatric Skills for Occupational Therapy Assistants E-Book**

Jean W. Solomon, 2020-07-12 NEW Every Moment Counts content is added to The Occupational Therapy Process chapter promoting pediatric mental health NEW Coverage of educational expectations is added to the Educational System chapter NEW Coverage of signature constraint induced movement therapy CIMT is added to Cerebral Palsy chapter NEW photographs and illustrations are added throughout the book NEW video clips on the Evolve companion website show the typical development of children adolescents NEW Extensive assessment and abbreviations appendices are added to Evolve NEW Expanded glossary is added to Evolve

### **Textbook of Autism Spectrum Disorders, Second Edition**

Eric Hollander, M.D., Randi Hagerman, M.D., Casara Ferretti, M.S., 2022-03-15 More than 40 years after the official recognition of infantile autism in DSM III advances continue to be made in our understanding of the possible causes assessment and evaluation and treatment of autism spectrum disorder ASD With contributions by dozens of experts in the field this second edition of the *Textbook of Autism Spectrum Disorders* has been updated to reflect the latest research in ASD Unrivaled in its thoroughness this volume discusses issues of assessment and evaluation examines the etiology of ASD and its recognized associations with other medical conditions analyzes standard and experimental treatments and delves into social policy issues pertinent to individuals with ASD and those who treat them With summary points in each chapter and copious lists of recommended readings this is an indispensable resource for psychiatrists psychologists neurologists social workers speech therapists educators and all others in the continuum of care

### **Focused Observations**

Gaye Gronlund, Marlyn James, 2013-04-09 Observe and document children s development in systematic purposeful ways that provide complete pictures of their progress and supports curriculum planning

### ***Inclusion in the Early Years***

Phyllis Jones, 2005 Based upon the author s own research this new book from invites readers to compare teachers accounts of their best lessons and

provides useful discussion and viewpoints about inclusive pedagogy over a variety of learning contexts **Making Inclusion Work for Students with Autism Spectrum Disorders** Tristram Smith, 2011-11-15 An indispensable resource for K 12 educators and autism specialists this highly practical book shows how to include students with autism spectrum disorders ASD in general education settings Tristram Smith and his associates present a research based step by step process for assessing students at a range of skill levels planning and implementing successful inclusion programs and working as a team with other professionals and with parents The book is packed with specific strategies for helping students with ASD follow the daily routine learn from the general education curriculum interact with peers and overcome problem behavior In a large size format for easy photocopying it features dozens of reproducible worksheets and forms Arihant CBSE Psychology Term 2 Class 11 for 2022 Exam (Cover Theory and MCQs) Farah Sultan, Kuhulika Sharma, 2021-11-20 With the newly introduced 2 Term Examination Pattern CBSE has eased out the pressure of preparation of subjects and cope up with lengthy syllabus Introducing Arihant's CBSE TERM II 2022 Series the first of its kind that gives complete emphasis on the rationalized syllabus of Class 9th to 12th The all new CBSE Term II 2022 Psychology of Class 11th provides explanation and guidance to the syllabus required to study efficiently and succeed in the exams The book provides topical coverage of all the chapters in a complete and comprehensive manner Covering the 50% of syllabus as per Latest Term wise pattern 2021 22 this book consists of 1 Complete Theory in each Chapter covering all topics 2 Case Based Short and Long Answer Type Question in each chapter 3 Coverage of NCERT NCERT Exemplar Board Exams Questions 4 Complete and Detailed explanations for each question 5 3 Practice papers based on the entire Term II Syllabus Table of Content Human Development Sensory Attentional and Perceptual Processes Learning Human Memory Practice Papers 1 3

**Documentation Manual for Occupational Therapy** Crystal Gateley, 2024-06-01 The best selling newly updated occupational therapy textbook Documentation Manual for Occupational Therapy Fifth Edition is made for students and early career practitioners learning the critical skill of documentation The workbook format offers students ample opportunities to practice writing occupation based problem statements and goals intervention plans SOAP notes and other forms of documentation The Fifth Edition has also been updated to reflect changes in the American Occupational Therapy Association's Occupational Therapy Practice Framework Domain and Process Fourth Edition What's included in Documentation Manual for Occupational Therapy Numerous worksheets for students to practice individual skills with suggested answers provided in the Appendix Updated information on coding billing and reimbursement to reflect recent Medicare changes particularly in post acute care settings Examples from a variety of contemporary occupational therapy practice settings Included with the text are online supplemental materials for faculty use in the classroom Instructors in educational settings can visit the site for an Instructor's Manual with resources to develop an entire course on professional documentation or to use the textbook across several courses One of the most critical skills that occupational therapy practitioners must learn is effective

documentation to guide client care communicate with colleagues and maximize reimbursement The newly updated and expanded Documentation Manual for Occupational Therapy Fifth Edition will help students master their documentation skills before they ever step foot into practice *Introduction to Occupational Therapy- E-Book* Jane Clifford O'Brien,2017-01-31 NEW content on OT theory and practice includes the latest updates to the Occupational Therapy Practice Framework and OT Code of Ethics New coverage of the role of certified Occupational Therapy Assistants shows where OTAs are employed what licensure requirements they must meet and how they fit into the scope of OT practice NEW chapter on cultural competence provides the tools you need to work with culturally diverse clients in today s healthcare environment and includes case studies with examples of cultural competence and its impact on the practice of OT NEW Centennial Vision commentary provides a big picture view of today s occupational therapy and shows how OT is becoming a powerful widely recognized science driven and evidence based profession as it reaches the age of 100 **PD, Health and PE** Fay Courtney,David Thomas,2005

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


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