

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

Yicheng Fang



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