



Gross Motor

> GROSS MOTOR

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Gross motor starts developing right from when we are born. Gross motor relates to all the BIG body movements our body does. These are walking, running, jumping, climbing and crawling. Fine motor relates to smaller movements our body does!

Some kids have high or low tone (their muscles may be too tight or too floppy) that can impact their gross motor, and some kids just haven't had a chance to practice their skills!!

Some more information on Gross Motor Skills is listed below.



Gross Motor

Ready to find out more?

Click here for our information sheet on gross motor skills for parents!

[Click Here](#)

Sense Rugby

♥ **Why we love it:**

This is a great program offered in Australia (Update: and now many locations worldwide) that is all about combining rugby skills and occupational therapy!!! Jump on their website and see if there is a program offered near you!

? Who's it best for:

Parents, and Therapists

£ \$ € Cost:

Depends on your location

⇒ Where to get it?

Click on the image to be taken their website directly!

SENSE
RUGBY

Sparkle Box

♥ Why we love it:

Sparkle-Box offers a wide range of free printable teaching resources as well as books, CD's and other resources for purchase. This is a link to their gross motor section!!

? Who's it best for:

Parents, and Therapists, Teachers

£ \$ € Cost:

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



SuperStretch

♥ **Why we love it:**

This is an app we use all the time! It has lovely videos that show the action that is required and also great visuals of the animals as well!! Great for teaching relaxation skills!

? **Who's it best for:**

Parents, and Therapists, Teachers

£ \$ € Cost:

FREE

⇒ **Where to get it?**

Click on the image to be taken their website directly!



PE Central

♥ Why we love it:

This is a great website that has loads of ways to adjust and grade PE for teachers. Great to be aware of and to help our kids be more active.

? Who's it best for:

PE Teachers, Therapists

£ \$ € Cost:

FREE

⇒ Where to get it?

Click on the image to be taken their website directly!

