

# A Guide For Parents On

Activity Ideas:



**An easy to use guide on how you as parents can support your child's physical development, through improving their gross motor skills. These are the foundation for all our everyday movements are easy to develop at home.**

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There is an easy acronym of movement ABC which are the 3 main skill groups your child needs :

- Agility
- Balance
- Coordination

### Balance—

This is the ability to steady yourself even when the surface is uneven or moving . Such as wobble boards which can be replaced like in picture with a cushion that your child can practice with 2 or 1 legs on floor. They can also practice this through riding bikes and scooters. Walking on tip toes and skipping can also improve their balance.



### Agility-

This skill is the ability to move quickly and change direction. Such as weaving through objects, playing ball games like football and playing tig all use these skills. At home you can weave through trees or draw with chalk a line your child has to follow on the pavement or tarmac on your driveway (make it as wiggly as you like).



### Coordination -

This is the ability to coordinate your arm and leg movements in an organised way. This skill can be improved by you playing ball games with your child such as catch, football and tennis. They can also improve it through running and skipping. Twister is also a great game to improve your child's coordination.

