



IMPORTANCE OF GROSS MOTOR ACTIVITIES

PRE-SCHOOL thru KINDERGARTEN

By: Christina Kassap, PT and Rory Primrose, PT

BACKGROUND INFORMATION

- Who are we?
 - Physical Therapists
- Why are we here?
 - Increase in children presenting with global delays.
 - Early detection is key
 - Ideas and suggestions to insure your child is on track for success in kindergarten and beyond.



DEVELOPMENTAL DELAY

- Global Delays
 - Fine Motor, Gross Motor, Speech Delay
 - Hypotonia (low tone)
 - Coordination Problems
 - Vision Problems



CAUSES OF GLOBAL DELAYS

1. Lack of Tummy Time/Container Syndrome

- Back to Sleep Program
- Flat or mis-shaped heads, Torticollis-tilt and rotation of the head and neck



- Infant car seats and swings
- Muscles neglected for proper development
- Limited movement
- Crawling vs Scooting



CAUSES OF GLOBAL DELAYS

2. Technology-Media

- TV/Video Games
 - Content, Duration, Time of Day
 - Initiate “Tech Free” times

3. Undetected Vision Issues



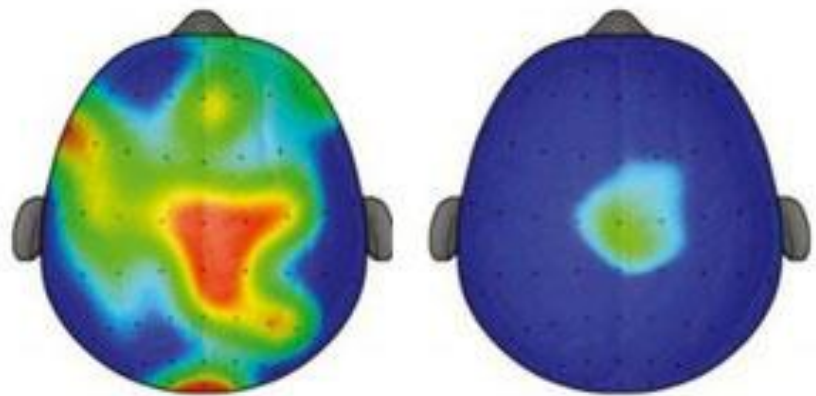
CAUSES OF GLOBAL DELAY

4. Decreased Play Time

- Only 60% of US schools have recess
- Learn to work in groups, share, negotiate, resolve conflicts, develop self advocacy skills
- Sensory Regulation, Stress Reduction, Confidence Building
- Improves physical strength, coordination and health bodies

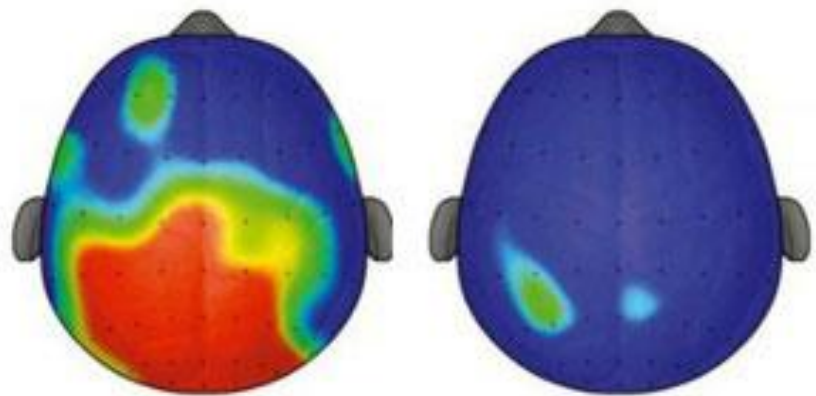


BRAIN SCAN IN CHILDREN AFTER EXERCISE & REST



Exercise

No Exercise



MIND-BODY CONNECTION



- Movement & Exercise Heightens Our Learning State
- Physical Activity Leads to Emotional Peace
- Improved Eye-Hand Coordination Carries Over to Increased Ability to Read and Write



WHY GROSS MOTOR SKILLS ARE SO IMPORTANT????

- Involve large muscle groups in the legs arms and torso.
- Walking, running, jumping, throwing, skipping, climbing, etc
- Strength develops proximal to distal
 - Ex. Must gain strength in trunk and shoulder girdle before wrist and hand
- Strength develops through repetitive activity and practice.





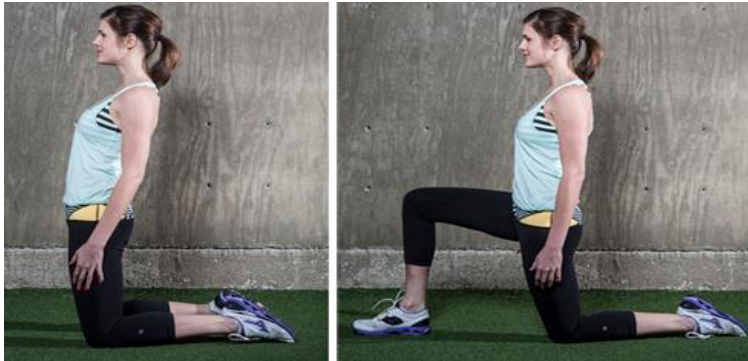
AREAS OF CONSIDERATION

- W Sitting or trouble sitting criss-crossed
- Gets up from floor through 4 point(BEAR) or requires assistance to get up
- Difficulty or hesitant on stairs
- Frequently bumps into moving or stationary objects
- Often trips and falls, unable to regain their balance
- Difficulty sitting in a seat or falls out of chair
- Poor body awareness during "Simon Says" or "Head. Shoulders, Knees and Toes"



ACTIVITIES FOR GROSS MOTOR SKILLS

- Tall Kneel for coloring, puzzles, races
- Half Kneel for coloring or play



- Animal walks
 - Frog Jumps, Bunny Hops, Crab Walk, Bear Crawl, Inchworm creep, Duck or Penguin, Cat-Camel
 - Let them think about how the animal walks and do it their way
- Bubbles
 - Try to pop bubbles or catch without popping
- Bubble Wrap
 - Pop with fingers
 - Jump on wrap to pop
 - Walk gently on it without popping
- Obstacle Courses
 - Crawl under a table
 - Jump over a rope
 - Walk around chairs
 - Walk on a line/string/forwards/backwards/sideways
 - Hop on one foot or gallop back to the start
 - Balance Beams



ACTIVITIES FOR GROSS MOTOR SKILLS

- Getting Dressed Relay
Race-oversized or their own
- Beach Balls/Ball Skills-
catching, throwing,
bumping
- Log Rolls/Forward Rolls
- ABC Push-ups &
Bridges
- Swimming
- Tae Kwon Doe or Karate
- Biking
- Running
- Yoga
- Use Sidewalk Chalk
- Visit your local
playgrounds-practice at
your elementary school
- Hike or take walks
 - Tracks at HS or MS
 - Tanglewood Nature
Preserve
 - Hempstead Lake Park
 - Norman J. Levy Park



REFERENCES

- Hamblin, James “Exercise is ADHD Medication” (2014)The Atlantic
 - Pruitt, Stephanie (2011) “The Truth About Tummy Time
 - Ratey, John J. (2013) “Spark: The Revolutionary New Science of Exercise and the Brain”
 - Medina, John (2014) “Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School”
 - Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five
 - Top Ten Roadblocks to Normal Development via Medbridge
 - Bringing Back Play via Medbridge
 - <http://handsonaswegrow.com/gross-motor-activities-preschoolers/>
 - <http://www.parentteachplay.com/gross-motor-skills-activities-from-play-group/>
 - <http://www.yourtherapysource.com>
- 