

## **Physiotherapy Advice**

### **Gross Motor Skills**

#### **CORE STABILITY**

**Aim:** maintaining an upright posture during sitting/kneeling/standing activities and also to keep a stable trunk during movements involving arms/legs and body

#### **What to do:**

1. Ensure area is clear of other obstacles
2. Place towel on the floor
3. Place soft toys on the towel
4. Encourage your child into 2-point kneeling position, i.e. high-kneeling, at one end of the towel whilst you go into 2-point kneeling position at the other end of the towel
5. Encourage your child to hold onto the towel with both hands whilst you do the same at the other end
6. Move the towel up and down at the same time whilst maintaining the high-kneeling position
7. Try to make sure that the soft toys do not fall off
8. Try to move the towel up and down at least 5 times whilst maintaining high-kneeling position
9. Then repeat, but this time move towel up at one side then up at the other side whilst maintaining the high-kneeling position. Try to make sure that the soft toys do not fall off the parachute

#### **Variations:**

- Use ball/balloon on the towel instead
- Use different sizes of towels or blankets

- Encourage child into ½-kneeling position instead, i.e. from 2-point kneeling position bring one leg forwards so that foot is flat on the floor. Try to maintain this position whilst moving the towel as above. Swap which leg is forwards. This is a challenging position to maintain

### **Similar activities:**

- Any activity in 2-point or ½-kneeling positions will work on core stability, i.e. throwing & catching a ball, popping bubbles, reaching activities in either of these positions can be challenging
- Walking on knees in high-kneeling position will challenge core stability and balance

### **Important Note**

Encouraging gross motor skills requires a safe, open play space and adult supervision at all times. Helping a child succeed in gross motor tasks requires patience and opportunities for a child to practise desired skills.

Remember, each child is an individual and children develop at different rates. You know your child best so ensure the activity is aimed at an appropriate level for him/her and provide supervision/assistance at all times.