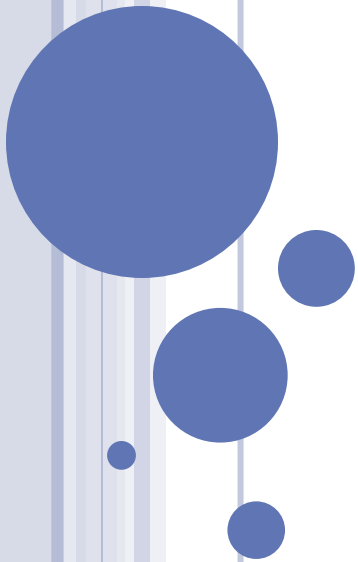


# FINE MOTOR SKILLS



# GROSS MOTOR

Gross motor skills are key as the large muscles develop before smaller ones.

Gross motor development is the foundation for developing skills in other areas.



# Gross motor skills

It's important to keep our bodies moving.  
We learn all sorts of skills like running, jumping, throwing, catching and balancing.

Gross motor skills are the skills we use to move our bodies.

Without these skills, we couldn't even sit up straight!

These skills then help us to be able to make smaller movements.



# Gross Motor Skills Activities



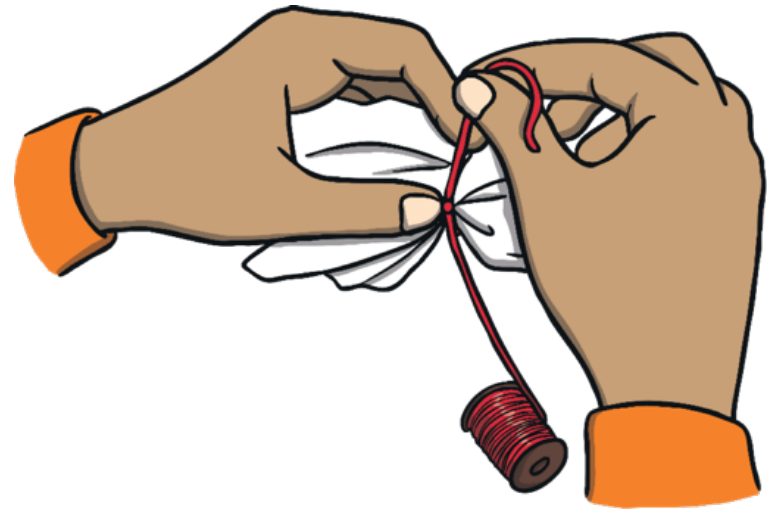
# Smaller Movements

It's also important to have control of our bodies when doing small movements, like when we use our hands to pick something up.

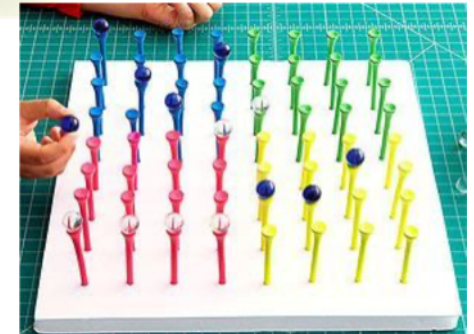
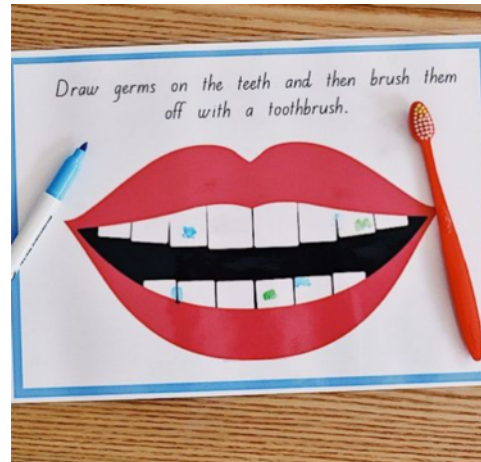
These are called fine motor skills.

We might have practised these skills by threading beads onto string, poking pegs into boards and tracing over patterns.

These important skills really help us to be able to do other things, like writing.



# Fine Motor Skills Activities



# Pencil Skills

We need to learn some important things to be able to write properly.

These include:

- sit up properly at a table;
- hold a pencil correctly;
- work out if you are right or left handed.

You might find this tip helpful:

**Nip, Flip, Grip!**

