

~ The importance of ~
GROSS MOTOR SKILLS & DEVELOPMENTAL MILESTONES



Enable children to perform everyday functions (walking, running, climbing)



Improve sporting skills (catching, hitting, and throwing the ball)

Crucial for self-care skills (getting dressed without falling over)



Stimulate ability to participate in fine motor skills (writing, cutting, drawing)

Maintain appropriate posture (sitting at the table to eat)



Impacts the ability to navigate the environment (walking around, getting on and off the stairs)

Cope with walking over uneven surfaces and up and down the hills



References

1. What are gross motor development delays?; The Warren Center
2. First Year Infant Development; American Pregnancy Association
3. Building gross motor skills and why it matters; Michigan State University