



What are motor skills?

Gross Motor Skill Activities

(Big Movements using large muscles)

Running

Climbing

Throwing and catching a ball

Scooting

Pushing dolls prams/wheelbarrows

Pouring sand and water

Mixing cake ingredients

Large chalks outside

Sweeping

Hopscotch

Obstacle course/ going to the park

Swimming

Fine Motor Skill Activities

(Small Movements using smaller muscles)

Fastening buttons/ zips

Cutting

Drawing

Writing

Threading

Using cutlery

Playdough

Washing line & pegs

Finger painting

Sewing kits

 $Small\ construction-Lego,\ Meccano,\ K-Nex$

Weaving



















































