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University Health Board



Get Kids Moving

A Gross Motor Development Programme for Children

Developed by

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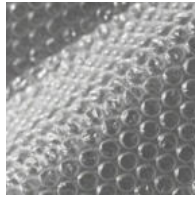
Bethany Jagger Physiotherapist

Rolling



Ideas to promote Rolling ...

Rolling over
different materials



Putting toys out
of reach

Encouraging independent rolling -
singing songs "and the little one
said roll over, roll over!"

Can assist with rolling by bending opposite knee (to the
way you are going) and gently move it across midline to
initiate the movement



Why is this important?

- First significant motor milestone
 - Allows exploration
 - Develops postural control
- Preparation for functional movement

Lying on tummy lifting head and weightbearing through arms



Ideas to promote Lying on tummy, lifting head and weight bearing through arms ...

This can be done on the floor or on a wedge



Use motivator e.g. ipad or book to encourage child to look up

Why is this important?

- Builds upper body strength
- Prerequisite to crawling
- Develops neck and back muscles necessary for movement against gravity
- Develops head control

Sitting unsupported



Ideas to promote Sitting unsupported...

Encourage Different Types of sitting...

Cross-legged

Long Sitting

Side sitting

Sitting on a bench



Why not W sitting?

- No engagement of abdominal or back muscles.
- Muscle tightness in hips and legs
- Excess strain on hip and knee joints
- Unable to rotate upper body
- Hinders development of hand preference as objects on left need to use left hand and vice versa

Why is this important?

- Functional position e.g. For play, feeding, communication

Reaching out of base of support and crossing midline



Ideas to promote sitting on floor reaching out of base of support and crossing midline...

Throwing or rolling ball forwards and side to side



'Row row row your boat' holding onto their hands gently pulling them forwards and back

Encourage child to give you high fives just out of their reach in all directions- get them to use right hand to reach over to the left so they cross midline



Why is this important?

We need to cross midline and reach out of base of support for balance, stability, mobility and activities such as dressing and writing. These motor skills help to build pathways in the brain.

Four Point Kneeling



Ideas to promote Four Point Kneeling...

Superman pose: reaching forwards with one arm or leg (or alternate arm and leg at same time). Try throwing bean bags in this position.



Why is this important?

- Weightbearing through upper limbs develops upper body strength
- Alternating reaching with arms or legs challenges balance, weight transference and core stability
 - This position is the starting point for crawling

Crawling



Ideas to promote Crawling...

Tunnels

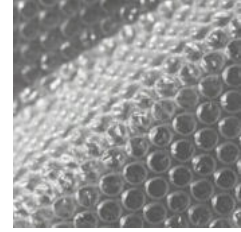


Commando crawling

Using a motivator to encourage movement forwards



Over different textures



Encourage weight bearing through arms over therapy ball - elevate hands on bench/cushion to increase weight bearing



Why is this important?

- Develops bilateral skills
- Develops head control
- Builds upper body strength
- Allows exploration of environment

High Kneeling



Ideas to promote High kneeling...

Throwing/catching ball games



Playing skittles



High kneeling playing at a bench

Why is this important?

- Strengthens gluteal muscles (important muscle group for stabilising the pelvis and loading activities such as stairs)
 - Develops core stability
 - Transition movement into standing

Half kneeling



Ideas to promote Half kneeling...

Throwing/catching ball games

Passing ball over
and under leg x10

Drawing/colouring at
the wall

Playing skittles



**Make sure you
swap legs!**

Why is this important?

- Transitional movement into standing
- Develops balance and core stability
- Promotes disassociation of lower limbs

Getting on and off the floor unsupported



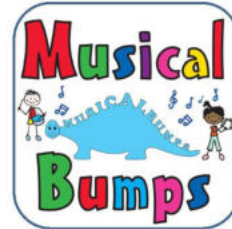
Ideas to promote Getting on and off the floor unsupported...

Pulling to stand to bench from half kneeling

Squatting games – collecting toys

Musical bumps

Back against wall-shimmying up wall to stand (you can make this into a race-first one to stand up wins)



Why is this important?

- Starting point for independent mobility
- Builds core strength

Walking



Walking as much around school as possible



Handhold to begin with and gradually increasing independence

If a child has orthotic boots it's very important they wear these to promote a more efficient gait pattern

If a child has been provided with a walker this should be encouraged to be used on physio advice

Independent mobility is our goal!

Running



Ideas to promote Running...

When a child first starts running expect to see some falls and compensation e.g. wobbling legs and flailing



Give lots of verbal feedback "slow down" "wait for me"



Traffic light group game: Running in big circle and shouting commands "red, yellow, green" red= stop yellow=jog green= run



Changing directions to make it harder!

Running relay races

Why is this important?

Being able to master gross motor skills such as running means that the brain, muscles, and nerves are functioning in sync. Running uses large muscle groups and integrates balance, coordination and strength. Being able to run also brings a sense of freedom, independence and joy.

Squatting and returning to stand



Ideas to promote Squatting and returning to stand...

Picking up bean bags—collecting
from floor



'Head, shoulders, knees
and toes'

'Simon says' touch
the ground



Jumping off the
floor like a frog



Why is this important?

- Builds core stability and lower limb strength

Jumping two feet together



Ideas to promote Jumping with two feet together...

Being a frog jumping onto lily pads (coloured circles/hoops on ground)



Rebound (with physio and OT advice) and/or use of trampette



Holding onto hands/hoop and jumping with partner

Races (jumping to finish line)

Jumping up to high five

Why is this important?

- Builds lower limb power (ability to generate force quickly-useful for sports)
 - Develops core stability and balance
 - Develops coordination
 - Builds confidence in physical abilities

Climbing stairs



Ideas to promote Climbing stairs...

Initially walking up stairs ,
two feet per step and
holding on to rail



Progress by walking up
stairs alternate feet

Obstacle course stepping over
bench (with supervision)



Step ups on a
small step X10

Why is this important?

- Builds lower limb strength
- Encourages reciprocal movement pattern
- Encourages independence

Ball skills



Ideas to promote Ball skills...

Rolling ball

- To a friend sitting on floor
- Bowling (soft ball)



Throwing and catching ball

- Start with bigger ball—progress to small
- Practice throwing against wall and catching
- Practice bouncing on ground and catching
- Pass underhand and then overhand increasing distance between you
- Progress by aiming for a target whilst moving with ball



Kicking ball

- Start with big ball—progress to small
- Progress to aiming and dribbling around cones



Why is this important?

- Develops hand-eye coordination
 - Develops bilateral skills
- Involves passing and reaching outside of base of support
 - Promotes timing, sequencing and motor planning

Climbing



Ideas to promote Climbing...

Using climbing frame outside

Climbing up hills

Soft play

Climbing over pillows and soft obstacles on floor



Supervision is needed for climbing activities in school!

Why is this important?

- Promotes reciprocal movements
 - Builds whole body strength
- Improves proprioception (body awareness)

Walking on tip toes



Ideas to promote Walking on tip toes...

Sleeping lions



Acting like a giraffe
'how tall can you be?'

Reaching for motivator
e.g. toys on high
surface

'What's the time Mr
Wolf?' Having children
tip toe behind



Walking on tip toes
on bubble wrap

Why is this important?

- Develop and strengthens longitudinal arch of the foot (allows the foot to support weight of body in a good posture)
 - Strengthens calf muscles
 - Improves balance
- Develops proprioception (body awareness)

Single leg stand



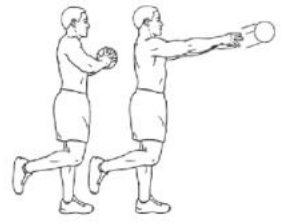
Ideas to promote Single leg standing...



One step in front on a step if struggling (easier)



Progress to throwing and catching ball in single leg stand



Pretending to be a flamingo

Musical statues with single leg stand trying to stay as still as possible!

Counting how long you can hold stand for



Why is this important?

- Improves balance
- Builds core stability
- Helps with dressing skills

Hopping and skipping



Ideas to promote Hopping and skipping...

Hop scotch



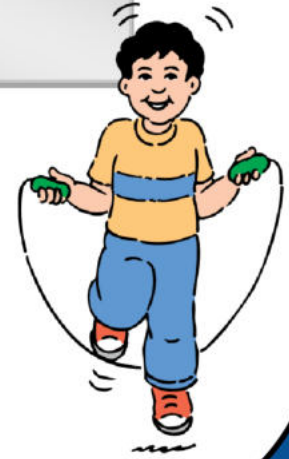
Using circles on floor lily pads

Singing and skipping!

Start with hopping smaller distances and build up

Races

Skipping rope (advanced)



Why is this important?

- Develops coordination
- Encourages reciprocal movement
 - Improves balance