

Games to help your child develop gross motor skills



There are lots of commercial games and toys available that will help your child to develop their gross motor skills for balancing and moving around. Shops like Woolworths, Argos and the Early Learning Centre are good places to start looking, as are local and national toyshops.

- Twister / globe trotting
- Cranium hullabaloo and cadoo
- Hopscotch mats or markings with chalk
- Space hoppers
- Pogo sticks
- Stilts
- Trampoline
- Skipping ropes
- Bikes, trikes and scooters
- Rollerskates and blades
- Parachute
- Skittles
- Climbing frames
- Tunnels
- Swings
- Chutes
- Going to the local play park
- Balls and bats / frisbees
- Hula hoops
- Plastic hockey sticks and golf sets
- Swingball
- Stepping stones
- Charades for kids
- Giant games like snakes & ladders, draughts and connect 4
- Elefun

We are sure you can think of lots more games, toys and activities that your child would enjoy. Remember to encourage them to enjoy moving and experimenting with toys without pressuring them into doing it just the same way as you would.