

Gross Motor Skills

Due to students spending so much time indoors due to the virus we have compiled a list of resources that will help your children to practice their gross motor skills at home. Kids are missing out on PE, playing in the yard with their friends, walking to school etc. Below are some really good resources that students can work on at home or in the garden. Some of them require equipment but you can pick and choose which exercises are applicable to you. There a mixture of exercises using balance, core strength, coordination, ball skills etc.

- <https://ncse.ie/wp-content/uploads/2020/03/Gross-Motor-Skills-Parent-Booklet-Primary.pdf>
This is a really good resource which works on core strength, ball skills, balance and bilateral integration. It gives simple fun exercises you can do at home and has pictures to help you understand. It would suit a child of any age.
- <https://www.twinkl.ie/resource/t-s-1319-activities-to-develop-gross-motor-skills-booklets>
This has some exercises with balls, hoops, bubble wrap, benches etc. Very detailed and good variety of exercises. It has pictures and explanations for all exercises. Would suit an older child.
- <https://www.twinkl.ie/resource/t-l-51981-gross-motor-activity-cards>
Activity cards with different challenges on them. You could do one or two a day.

If you prefer to do exercises using videos I'd recommend these:

- <https://www.youtube.com/channel/UCuPvPu3voXzPdOg74ij840Q>
Óga Yoga-Yoga and Pe classes as Gaeilge
- <https://www.youtube.com/watch?v=76mgTjInf-Y&list=PLumyN8T6tolpPOqekvBgC-iq-QL7Ds082>
The Pediatric Therapy Network has loads of really nice ideas in their videos using tape, chalk, pillows, towels etc. that can be easily done at home.