

By 36 months your baby may be able to...

- ✓ Run
- ✓ Kick a ball
- ✓ Walk up stairs one foot on each step
- ✓ Jump over small hurdle

By 48 months your baby may be able to...

- ✓ Walk heel to toe
- ✓ Walk while swinging arms
- ✓ Balance on one foot

Gross Motor Skills for your 25-48-month-old

Gross motor skills are the first movements your baby will master. They are large movements of arms, legs and body.



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McHenry County
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Hula Hoop Jump

Items needed

- Hula hoop

Activity:

- ❖ Put a hula hoop on the floor.
- ❖ Child will jump in and out of the hoop.
- ❖ Make it more fun by including a song the kids can follow the rhythm.
- ❖ Hold the hula hoop vertically and let your child crawl through the hoop back and forward.

Ring toss game

Items needed

- Plastic cups or bottles
- Paper plates

Activity:

- ❖ Cut the center from a paper plate to make a ring.
- ❖ Place a bottle or a cup on the floor.
- ❖ On a count of three have the child toss the ring and try to put it over the bottle.

References:

Drobjak, L. (2017, June 15). *Gross motor activities for preschoolers*. The inspired treehouse. <http://theinspiredtreehouse.com>

Reimer, J. (2015, May 15). *A sample weekly plan of gross motor activities*. Hands on as we grow. <http://handsonaswegrow.com>

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“If you never did
you should. These
things are fun and
fun is good”

-Dr. Seuss

Pom Poms

Items needed

- Empty toilet paper roll, pom poms or small balls

Activity:

- ❖ Place the tubes from the toilet paper on the wall using painter's tape.
- ❖ Arrange the tube on a different height so the child is able to reach.
- ❖ Have the child put the pom poms through the tubes.