

# Some gross motor ideas

## Places to go



Redbridge have a good selection of active play areas

## Gross Motor Skill development is crucial to a child's development

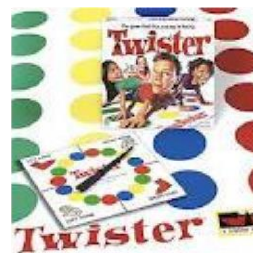
Here are a few games you can play at home or activities that you can do as a family which will really help your child's development.



Soft Play centres such as Owl's House, Kidspace.



Frisbee



Farms such a Hainault Forest and Wellgate Farm

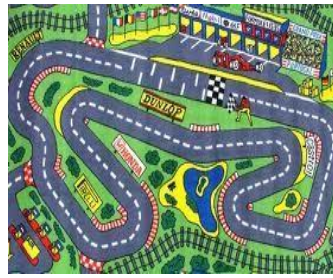


Barkingside & Stratford



Board games and jigsaws completed on the floor

Cars played with on



the floor



Position on floor when playing as it develops shoulder strength



Bats and Balls  
Try a balloon if a ball too difficult



Hopscotch



Nintendo Wii  
Xbox Kinect





## Whizz Balls



£1 in Pounshops



Search 'gross motor activities' and there are lots of fun and free ideas



Search under 'Resources and download' area



Check Redbridge FIND for ideas where to go and local clubs

[www.redbridgeserc.org](http://www.redbridgeserc.org)

**This information has been prepared by SEaTSS**

**You are welcome to share with others – please acknowledge where you obtained it from.**

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