



## WHAT ARE

# GROSS MOTOR COORDINATION & ENDURANCE SKILLS?

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**GROSS MOTOR SKILLS:** Refers to the use of large muscles groups for the performance of functions such as walking, running, jumping, navigating the school, using stairs, and playing sports.

**>>> ENDURANCE & STRENGTH:** Muscle strength refers to the amount of force a muscle can produce. Endurance is the continuation of motor activity despite fatigue, stress, or other adverse conditions.

- **ACADEMIC IMPACT:** Today's students spend much more time indoors engaged in sedentary activities. Poor muscle tone, ideal body weight, and decreased endurance has a significant negative impact on a student's stamina for fully participating in a full day of learning.

**>>> POSTURE:** Optimal postural alignment of a student's body when sitting, standing, and walking provides a stable base for moving in a smooth and accurate manner.

- **ACADEMIC IMPACT:** A student with poor posture requires extra energy to freely use their eyes and hands for printing and reading. The student may need to use their hands for propping themselves upright, rather than using their hands for desk work.
- Students with poor posture fatigue quickly and often concentrate on remaining upright rather than the teacher's lessons.