

# TOOLS TO GROW AT HOME

## What to Know & How to Develop Gross Motor Skills Preschool - School Age Children

### BALANCE, COORDINATION, & STRENGTH



#### What Parents Need to Know:

- Balance refers to your child's ability to remain upright and steady.
- Coordination refers to your child's ability to use different parts of their body together in a smooth manner.
- Strength refers to the amount of force your child's muscles can make. This helps them to hold their body in challenging positions and lift heavy objects.
- Today's children spend much more time indoors engaged in sedentary activities. Without regular exercise that promote balance, strength, and coordination, a child is at risk for weight gain and poor endurance. This means he/she may easily tire.

#### Try This!

- Help your child monitor time spent on sedentary activities such as watching TV & video games. Spend as much time being active!
- Walk on a "balance beam". Make a pretend beam using a rope, line drawn with chalk on sidewalk/driveway, or tape on the floor
- Take a long walk
- Jump on a trampoline
- Ride a bicycle
- Use a scooter
- Swim
- Yoga
- Play catch & throw with a ball
- Kick a ball back & forth
- Play on swings & a slide
- Run around an athletic field, backyard, or park
- Play in the snow
- Roll in the grass
- Jump rope
- Use a Pogo Stick
- Touch your toes
- Put on music & dance

#### Special Instructions:



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