

Gross motor skills involve the large muscles of the body that enable such functions as walking, kicking, sitting upright, lifting, and throwing a ball. Gross Motor skills are important for major body movement such as walking, maintaining balance, coordination, jumping, and reaching. Gross motor abilities share connections with other physical functions. A student's ability to maintain upper body support, for example, will affect his ability to write (writing is a fine motor skill). Students with poor gross motor development may have difficulty with activities such as writing, sitting up in an alert position, sitting erect to watch classroom activity. Our large playground allows for many opportunities to run, climb, push, pull, lift and pretend enabling children to refine gross motor skills on a daily basis.