

What are gross motor skills and why are they important in a school setting?

- Gross motor skills help us to move efficiently, negotiate our environment, balance, run, jump, play games with balls and much more.
- Gross motor skill development works well with development of speech and fine motor skills.
- Good gross motor skills emerge from having developed good sensory-motor skills - especially body and limb awareness and motor planning skills - which we develop from birth and continue throughout our lifetime.
- Good gross motor skills and body awareness are important for good posture, movement around the school, participation in games and sports and for general fitness, health and wellbeing.

