

Motor Development

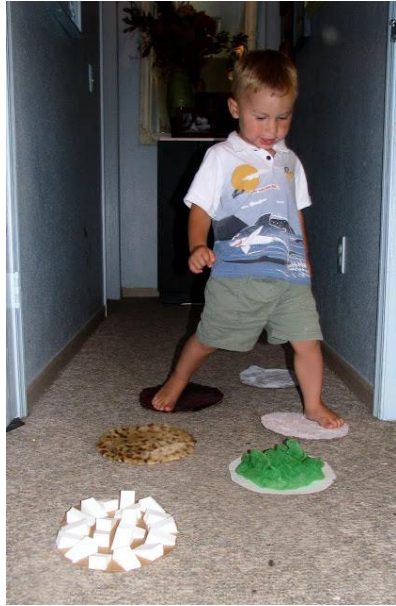
Practical strategies to encourage development

Meet the HSE Therapy Staff

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Tamara Sipf not pictured





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Gross Motor Skills

The use of large muscles groups for the performance of functions such as walking, running, jumping, navigating the school environment, using stairs and playing movement games/sports.
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Typical Gross Motor Milestones

3-4 years old

- Running around obstacles
- Balance on one foot for 5-10 seconds
- Walk up and down steps with alternating feet without support
- Jump down from 12" step with feet together
- Use a slide independently
- Gallop
- Walk on a line
- Jump forward up to 24" with feet together



Typical Gross Motor Milestones

- 4-5 years
 - Walk on a balance beam forward and backward
 - Skip
 - Hop 5 times on one foot
 - Balance on one foot 8-10 seconds
 - Climb a playground ladder
 - Do a somersault
 - Jump over a 10" hurdle



Activities to encourage Gross Motor Development

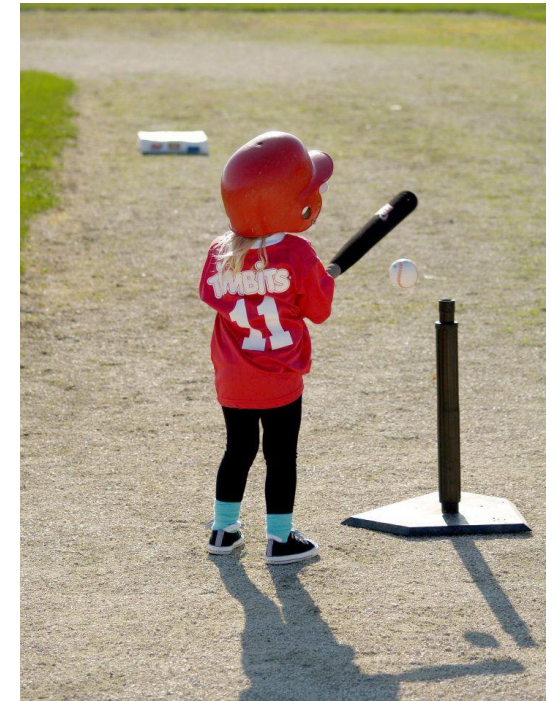
- obstacle courses - climbing over/under chairs, stepping "stones", stepping in/out of boxes, etc.
- play outside, visit playgrounds
- swimming
- animal walks
- dancing
- yoga
- reciprocal ball play – kicking, catching, throwing
- jumping down from step, over cracks in floor/sidewalk
- walk along a line on the floor
- playing active games – tag, hopscotch, Simon Says, relay races, hot lava



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Common Toys to promote Gross Motor Skills

- balls of a variety of sizes
- mini-tramp
- sidewalk chalk for hopscotch, lines to walk on, etc.
- scooter
- tricycle
- balloon – to bat, catch, kick
- T ball & bat
- basketball goal



Fine Motor Skills

Visual Motor Integration

- Fine Motor Skills-Involve the use of precise and coordinated movements of the fingers and hands.



- Visual Motor Integration-Is the coordination of hand movements based upon the perception of visual information. It is the execution of hand movements guided by what the child is seeing.



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Fine Motor Developmental Milestones for 3-4 year olds

Below are some of the typical developmental milestones for fine motor skills:

- Build a tower of 9-10 small blocks.
- Use playdough to make balls, snakes, cookies, etc
- Build things with large linking blocks, such as Megablocks or Duplo blocks
- Draw a circle
- Copy a cross
- Imitate you drawing a square
- Start to hold a crayon or pencil with a mature grasp.
- Cut across a piece of paper
- Start to cut along a straight line.
- Manage buttons
- Feed himself/herself with a spoon and fork .



Fine Motor Developmental Milestones for 4-5 year olds

Below are some of the typical developmental milestones for fine motor skills:

- * Start to use one hand consistently for fine motor tasks
- * Cut along a straight line with scissors
- * Start to cut along a curved line, like a circle
- * Draw a cross by herself/himself (+)
- * Copy a square .
- * Begin to draw diagonal lines, like in a triangle
- * Start to color inside the lines of a picture
- * Start to draw pictures that are recognizable
- * Build things with smaller linking blocks, such as Duplo or Legos.
- * Start to learn to print some capital letters



PRE-WRITING SHAPES



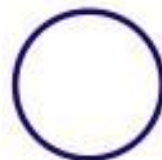
Children should be able to form these 9 pre-writing strokes before asking them to write.



2 years



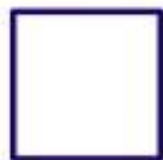
2½ years



3 years



3½-4 years



4 years



4½ years



4½ years

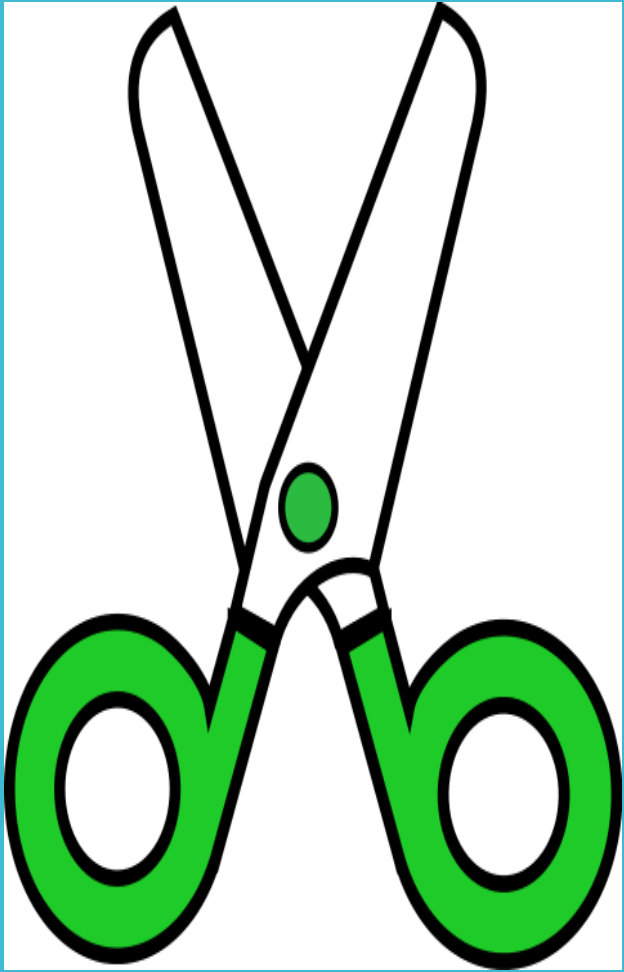


4 years
11 months



5 years
3 months

Children who can adequately draw the oblique cross can copy a significantly higher number of letters than little ones who cannot.



Peabody Developmental Motor Scales Cutting Sequence

According to this evaluation, children typically learn cutting skills at the following ages:

- *2 years: can snip with scissors

- *2 ½ years: cut across a 6-inch piece of paper

- *3-3 ½ years: cut on a line that is 6 inches long

- *3 ½ -4 years: cut out a circle

- *4 ½ -5 years: cut out a square

More complex cutting skills develop between 6 and 7 years

Activities To Try At Home To Encourage Fine Motor Skills

- Tear pictures of a magazine to make a collage
- Use both hands to pull apart construction toys (Duplo, Lego)
- Place beads, cereal or pasta onto a string
- Lacing boards-One hand holds the lacing card while the other places the string through the holes
- Play dough activities (Use both hands to roll dough, hide and locate small items in playdough, use plastic knife to cut the dough)
- Pouring water, sand or dry rice from one container to another
- Simple puzzles .
- Placing coins in a bank
- Cutting straws with scissors
- Practice pre-writing strokes in shaving cream in the tub or in a pan of flour/sugar/cool whip or pudding




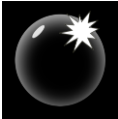



Toy Suggestions for Fine Motor Skill Development

- Magna Doodle
- Peg Board (pull apart, push into holes and build towers)
- Play Doh (rolling pin, cookie cutters, scissors)
- Side walk chalk (practice pre-writing shapes)
- Crayons and paper (experiment with leaf or coin rubbings)
- Clean up small items with tongs (e.g., Legos)
- Put together and pull apart Duplo blocks
- Painting or drawing on an easel
- Puzzles
- Stringing Beads



Apps to Encourage Fine Motor Skills

Apps

- Dexteria Jr. - \$3.99 
- Baby Bubbles-free 
- Tracing for Kids-free 
- Animal Alphabet Tracing Games-free 
- ABC Animal Toddler Adventures-free 
- Bugs and Buttons 2-\$2.99 