

Motor skills are classed as a persons ability to **move** and be **aware** of parts of their body.

To do this, we need to work on the brain development AND muscle strength.

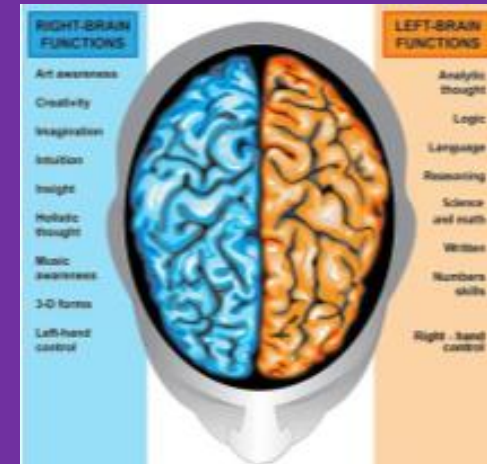
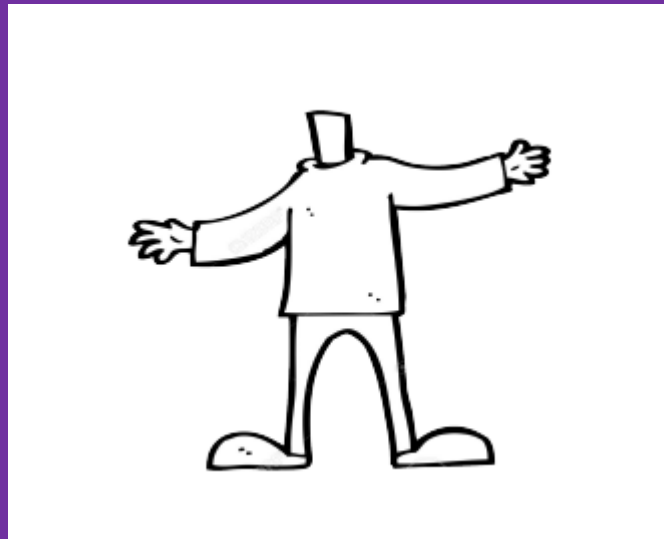
Fine – small movements  
e.g. holding and controlling  
a pencil.

Gross – big movements  
e.g. running around the  
playground or twirling a hoop.

Our brain controls the way our body moves- but it is not that simple.

The left side of the brain controls the right side of the body.

The right side of the brain controls the left side of the body.



Gross motor skills begin to develop straight after birth. The body needs to build up its strength in order to follow the instructions sent by the brain.

Throwing a ball across the body.

Sport

Tapping your head and tummy at the same time.

Tapping opposite leg with hand.

Ribbon dancing across the body.

Fine motor skills are the small movements our bodies make.



Painting with cotton buds

Watering plants with a squeeze bottles

Threading and weaving

Squeezing stress balls