

# Curriculum Share

DRDP Measure: Gross-Motor

Age Group: Toddlers-Preschoolers

Let's Get Moving!

Music & Movement videos are a great way for you child to follow along to movements, learn body awareness, and strengthen their gross motor development in a fun and interactive way!

Other ways you can incorporate gross- motor development at home:

- Bubbles or ball play- bubbles add a unique way to build gross motor skill because you can't predict where they will go. When kids chase bubbles and try to pop them, they have to run, jump, zig-zag, and move in ways that require sudden shifts in balance and weight. Same with a ball.
- Playground- if you are able to, and it is safe to do so, going to a park is great for gross-motor as many playground equipment are tailored for balancing and climbing.
- Obstacle Courses- for indoor, use furniture, pillows, and blankets to create areas to crawl under and through. Outdoors, you can use things like hula-hoops to jump in and out.
- Tricycles, scooters, pedal cars - great practice and stepping stones for riding a bike.



**Click on the images above to take you to the video.**