

## THE HEALTH HUB'S GROSS MOTOR SKILLS GROUPS IS ABOUT:

**Working The Core Body In The Torso, Legs And Arms By Engaging Large Muscles And The Neurological System.** Gross Motor Skills Include **Making Whole-Body Movements.**



**B**ALANCE      **C**OORDINATION  
**B**ODY AWARENESS      **R**EACTION TIME  
**P**HYSICAL STRENGTH

## WHY GROSS MOTOR SKILLS?

**Daily Living Activities Such As;**

- Running
- Climbing
- Bike Riding
- Catching
- Kicking
- Throwing
- Putting Legs In Trousers While Standing Up
- Getting In And Out Of Bed/Cars
- Hopping On And Off Escalators
- Moving Around In The Community.

SKILLS BOOSTER PROGRAMS

**The Health Hub**  
NEXT PRACTICE ALLIED HEALTH

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