

GROSS MOTOR DEVELOPMENT

Big movements help children explore, play and take part in everyday life.



Gross motor skills use the large muscles of the body

rolling • sitting • moving • walking • running • climbing • jumping • balancing

01 THE MOVEMENT JOURNEY



BABIES

Control, rolling, sitting and finding ways to move. Some crawl; others shuffle, roll or move another way. Pulling to stand and cruising may come later.



TODDLERS

Walking, squatting, carrying toys, climbing onto low furniture and practising steps with support. New walkers are often unsteady.



PRESCHOOLERS

Running, changing direction, kicking or throwing a ball, climbing, jumping and balancing. Hopping, catching and pedalling develop with practice.



SCHOOL-AGE

Strength, balance, timing and coordination keep growing through play, games, physical education, recreation and sport.



EVERY CHILD'S PATHWAY IS THEIR OWN

Skills often build in a broad sequence, but timing and movement styles vary. Some children skip a way of moving, use mobility aids or develop differently. These examples are guides, not a pass/fail checklist.

02 MAKE MOVEMENT PART OF PLAY



BABIES

Supervised floor play while awake; short, comfortable tummy-time moments; toys and faces to look toward and reach for.



TODDLERS

Walk between safe supports, carry toys, explore low soft obstacles and climb with close supervision.



PRESCHOOLERS

Dance, bubbles, ball games, animal walks, playgrounds, nature walks and chalk-line jumps.



EVERY CHILD

Follow your child's interests. Adapt the activity, equipment or surface and allow breaks. Enjoyment matters.

03 WHEN TO ASK FOR SUPPORT



Talk with your GP, child and family health nurse, paediatrician or paediatric physiotherapist if your child is not gaining movement skills over time, finds everyday play difficult, seems to use one side much less, appears unusually stiff or floppy, or you are concerned. Seek advice promptly if a skill is lost.

A physiotherapy assessment can help make sense of movement concerns.

We look at your child's movement in context and plan practical support around goals that matter to your family.