



# Gross Motor

## Concerns & Strategies

### **Gross Motor Concerns**

- Postural deviations, deformities
- Complaints of pain during physical activities
- Stiff and awkward with movements
- Lacks age-appropriate strength and endurance •

Lacks age-appropriate coordination (hop, skip, jump, run, etc.)

- Clumsy—bumps into things, falls, unsafe mobility on playground, PE
- Student uses mobility or adaptive equipment

### **Gross Motor Strategies**

- Consult with PE teacher, staff on playground regarding safety issues
- Check with parents regarding any medical issues that may contribute
- Place student at end of desk row to decrease need to maneuver around room
- Break movements into separate steps and physically guide the student through the activity
- Incorporate movement breaks into class routine











































## **Fine Motor/Self Care Concerns**

- Difficulty with zipping, tying shoes, snapping coat on/off
- Difficulty managing utensils, food packages, feeding self
- Messy eater, difficulty swallowing, drinking from a straw
- Needs assistance with toileting
- Difficulty using both hands together

- Lack of well established hand dominance after 6 years of age
- Difficulty cutting
- Difficulty coloring or drawing

## **Fine Motor/Self Care Strategies**

- Set up a self-care station in your classroom/home with shoes, zippers, snaps
- Peer assistance in the lunchroom
- Break down drawing activities into clear simple steps
- Use adapted scissors (loop or spring-open scissors), highlight area to be cut
- Incorporate functional fine motor activities into class routines