

Kindergarten Ready: Motor Skills



Gross Motor skills are the coordination of movements that are required for large movements: running, jumping, throwing, kicking, climbing, etc. Typically these are the skills that develop before fine motor skills.

Fine Motor Skills require the use of smaller muscle groups to perform tasks that are more precise in nature: cutting, writing, tying laces, zipping, etc. A child ready for kindergarten should be able to hold and cut with scissors correctly, use glue properly, run/hop/skip, stand on one foot, throw/catch a ball, and begin to hold writing tools with fingers instead of with a fist.

FINE MOTOR SKILLS READINESS KIT

Check out our Fine Motor Skills Readiness Kit that has been carefully cultivated to provide hours of education and entertainment for your preschooler. This kit includes scissors, books, games, art projects, and more to develop precise fine motor skills!



GROSS MOTOR SKILLS READINESS KIT

Check out our Gross Motor Skills Readiness Kit that has been carefully cultivated to provide hours of education and entertainment for your preschooler. This kit includes balls, scarves, bean bags, books, games, and more to reinforce gross motor skills!



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ACTIVITIES TO TRY AT HOME

DANCING

Playing with scarves, bandanas, bean bags, or handkerchiefs while listening to a variety of music encourages your child to move their body and props to the rhythm of the music.

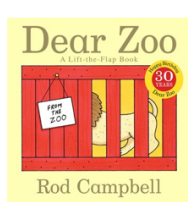
CUTTING WITH SCISSORS

Many children reach kindergarten and have never used scissors before. Encourage your child to correctly hold and practice cutting with child-size safety scissors with blunt edges. They can cut up old magazines, scraps of paper, ribbon, or playdough. For an added challenge draw lines on a sheet of paper that are straight, curved, and zigzagged, and have them practice cutting.

COPY ME

This is where you can get in your workout for the day too! Simply do a series of exercises or silly actions, and have your child copy you. Jump like a kangaroo, scratch like a monkey, run in a place, or kick a ball...whatever it takes to get your heart rate up and your child laughing!

Fine Motor Skills



Gross Motor Skills

