

# Essential ingredients for healthy development

## GROSS MOTOR

### Bilateral Coordination

Bilateral coordination is the ability to use both sides of the body (arms and or legs) in a smooth and coordinated way. We can use both sides of the body together for the same movement (e.g. pushing a wheelbarrow) or together using different movements (e.g. tying shoelaces). It is important for walking, climbing stairs, dressing, using cutlery, using scissors and handwriting. It also helps to develop hand dominance.

### Activity ideas

- Bubbles - both hands to pop or make the bubble [www.redtedart.com/bubble-recipe/](http://www.redtedart.com/bubble-recipe/)
- Gardening/ Mud Pits/Sand play - digging, filling wheelbarrows and pushing them
- Pull apart seed pods, ripping up leaves and throwing
- Starfish Sand-Angels Lie on your back on the wet sand to star-jump your arms and legs up & down like a starfish.
- Climbing rocks, ladders, playgrounds and trees
- Using sticks to drum against a tree or other stick to make a rhythm. Some different ideas here: [childhood101.com/kids-music-activities-101-the-little-drummer](http://childhood101.com/kids-music-activities-101-the-little-drummer)
- Leaf rubbings [www.100directions.com/make-leaf-rubbing-art-leaf-art-printable](http://www.100directions.com/make-leaf-rubbing-art-leaf-art-printable)
- Whittling sticks
- Fly a kite
- Walking, running, skipping, swimming, bike riding, roller blading, yoga

Play,  
movement  
and time  
outside



### Make it easier

- Start with activities that use the arms or the legs (not both) doing the same movement (eg both hands pushing or pulling something) or lying down (e.. Sand angels)
- Use repetitive movements in a slow and predictable way
- Use music to encourage movement to rhythm

### add challenge

- + Look for ways to use both arms and legs to do different things e.g. drumming whilst marching