

Fine and Gross Motor Skills



Jumping and hopping

Fine motor skills are small movements — such as picking up small objects and holding a spoon — that use the small muscles of the fingers, toes, wrists, lips, and tongue. Gross motor skills are the bigger movements — such as rolling over and sitting — that use the large muscles in the arms, legs, torso, and feet. Some children here at St. Giles Junior need support with these areas to help with everyday activities including using cutlery, PE lessons and handwriting.



balance

Here are some of the ways we support this here at St. Giles.



Hand strengthening