



# Gross Motor Activities by Age

Building Strength, Balance & Coordination

## What's Inside This Guide

- 1 Why gross motor skills matter**  
The foundation for movement and participation
- 2 Baby activities (0–12 months)**  
Tummy time, rolling, and first movements
- 3 Toddler activities (1–3 years)**  
Walking, running, climbing, and jumping
- 4 Preschool activities (3–5 years)**  
Hopping, skipping, and sports readiness
- 5 Red flags & indoor activities**  
When to seek help and rainy day ideas

33 W Higgins Rd, Suite 4070 | South Barrington, IL 60010  
(630) 965-1232 | [info@noorpediatrictherapy.com](mailto:info@noorpediatrictherapy.com) | [noorpediatrictherapy.com](http://noorpediatrictherapy.com)



# 1 Baby & Toddler Activities

Gross motor skills involve the large muscles of the body. They are the foundation for everything from walking and running to sitting upright at a desk. Strong gross motor skills also support fine motor development, sensory regulation, and social participation.

## 0–6 Months

- **Tummy Time**  
Start with 1–2 minutes, build up. Place toys at eye level to encourage head lifting.
- **Side-Lying Play**  
Position baby on their side with toys to reach for. Builds core and rolling skills.
- **Supported Sitting**  
Use a Boppy or your legs to support baby seated. Builds trunk strength.

## 6–12 Months

- **Crawling Tunnels**  
Use large boxes or play tunnels. Builds arm/leg coordination and motor planning.
- **Pull to Stand**  
Place toys on a couch to encourage pulling up. Builds leg and core strength.
- **Ball Play**  
Roll a ball back and forth. Builds trunk rotation and hand-eye coordination.

## 1–2 Years

- **Push Toys**  
Push carts, toy lawn mowers. Builds balance and confidence during early walking.
- **Ball Kicking**  
Large, soft ball. Start standing still, progress to walking kick.
- **Different Surfaces**  
Walk on grass, sand, gravel, hills. Builds ankle strength and balance.



## 2 Preschool Activities (2–5 Years)

### 2–3 Years

- **Obstacle Courses**  
Pillows to climb over, lines to walk on, hoops to jump through.
- **Animal Walks**  
Bear walk, crab walk, frog jump, bunny hop. Builds full-body strength.
- **Balance Beam**  
Painter's tape on the floor, or a low wooden beam. Walk forward, backward, sideways.

### 3–5 Years

- **Hopscotch**  
Draw with chalk or tape. Builds hopping, balance, and coordination.
- **Yoga for Kids**  
Tree pose, downward dog, warrior pose. Builds balance and body awareness.
- **Catch & Throw**  
Progress from large soft balls to tennis-ball size. Overhand and underhand.
- **Jump Rope**  
Start jumping over a still rope on the ground, progress to swinging.

## 3 Indoor Activities (Rainy Days)

### Active Play

- Pillow/cushion obstacle courses
- Balloon volleyball
- Indoor trampoline with handle
- Dance party to music

### Calm & Focused

- Animal walk races
- Yoga cards or videos
- Bubble wrap stomping
- Hallway bowling (bottles + ball)

### Pro Tip from Our Therapists

Playground time is one of the best gross motor "gyms" available. Slides, climbing structures, and swings naturally build strength, balance, and coordination.





## 4 Red Flags by Age

Every child develops at their own pace, but these signs may indicate a need for evaluation:

! Not lifting head during tummy time by 3 months

! Not rolling by 6 months

! Not sitting independently by 9 months

! Not walking independently by 18 months

! Can't jump with both feet by age 3

! Falls frequently or avoids playground equipment

! W-sitting consistently as primary seated position

! Walks only on toes beyond early toddlerhood



**Noor**  
Pediatric Therapy

**Get Started**

# We're Here to Help

Book a free 15-minute phone consultation with an experienced therapist.

**(630) 965-1232 | [noorpediatrictherapy.com/get-started](https://noorpediatrictherapy.com/get-started)**