

Occupational Therapy (OT) and Physical Therapy (PT) Department

GROSS MOTOR DEVELOPMENT CLASSROOM STRATEGIES

- **Encourage and practice effective floor sitting postures: Attempt to verbally or physically prompt students away from “W” sitting:**
 - Crisscross/crossed-legged sitting
 - Long sitting or ring-sitting: legs positioned straight forward in front or turned outward from the hips in ring shape on the floor
- **Encourage strong legs and good balance:**
 - Rise up from the floor with strong legs and good balance: Push up from sitting on floor to kneeling, place one foot forward and push upward to standing without hand support on the floor
 - Jump forward on two feet
 - Stand on one foot
 - Hop on one foot
 - Walk on a floor-level balance beam or on a tape line (straight or curvy)
 - Walk reciting math, reading, spelling, alphabet facts
 - Hop or jump over floor tape lines
 - Walk through an obstacle course
 - Walk backwards or sideways
 - Animal walks (e.g., stomp like an elephant, flap your arms like a bird)
 - Step over low hurdles
- **Encourage trunk and arm strengthening:**
 - Throw or pass playground-sized ball or beach ball to students as you practice math facts, spelling words, alphabet
 - Draw numbers or letters in air with both arms over head while watching hands: hand-eye coordination, trunk strength, arm strength
 - Wheelbarrow team walking
 - Crab Walking