

Inclusive Developmental and Therapy Center

Movement & Coordination: A Gross-Motor Home Program

inclusivetherapycentre.com · +92 314 6040262

Big-body skills — walking, running, jumping, climbing and catching — are the base your child builds on for everything from playground games to sitting still at a desk. When these movements feel wobbly or hard, children often hang back from play, and that is when the gap can grow.

This home program turns everyday active play into gentle practice for balance, strength and coordination. It is here to support your child's development, not to diagnose anything or replace a professional assessment. If your child's movement worries you, please speak to a paediatric occupational therapist or your doctor.

♥ Who this program is for

- ✓ Children who seem clumsy, trip often or fall a lot
- ✓ A child who avoids running, jumping or climbing play
- ✓ Trouble with balance — standing on one foot, walking a line
- ✓ Difficulty catching, throwing or kicking a ball
- ✓ Movement that lags behind other children the same age

⚡ Important — when to get professional help

This is a supportive home program, not a diagnosis or a substitute for an assessment. Please speak to a professional promptly if:

Your child is not walking on their own by around 18 months

Persistent walking on tiptoes that does not settle

A body that feels very floppy or very stiff to handle

Your child loses a movement skill they clearly had before

One side of the body is much weaker or clumsier than the other

☆ Your step-by-step roadmap

Move at your child's pace, not the calendar's — the “weeks” are a gentle order, not a race. Repeat any stage as long as it helps.

Week 1 – Big movements and balance

Build steady balance and confidence moving the whole body.

Walk along a line of tape, a low kerb or a chalk line, arms out wide.

Practise standing on one foot while you count together.

Play “statues” — move freely, then freeze and hold still.

⚡ **Try** Turn balance into a game with counting or music and your child will
this: practise far longer.

Week 2 – Jump, hop and land

Develop leg strength and control for jumping and landing.

Jump with two feet over a rope or a line on the floor.

Hop like a bunny, jump like a frog and stomp like a giant.

Jump off a low, safe step and land with bent knees.

⚡ **Try this:** Land like a soft, quiet cat — bending the knees teaches safe, controlled landings.

Week 3 – Climb, crawl and crash

Build core and upper-body strength through active play.

Crawl through tunnels made from chairs, blankets and cushions.

Climb safely at the park with you close by for support.

Build a cushion mountain to climb over, crawl under and jump onto.

⚡ **Try this:** Crawling on hands and knees is powerful exercise — it builds the whole upper body and core.

Week 4 – Ball skills and coordination

Practise coordinating the two sides of the body together.

Roll, then throw a large soft ball back and forth close together.

Kick a ball towards a simple goal made of two shoes or cones.

Try catching a slow balloon or beach ball before a smaller ball.

⚡ **Try this:** Start with a balloon — it floats slowly and gives your child time to get their hands ready.

Week 5 – Put it all together

Combine skills into fun, flowing movement games.

Set up a simple obstacle course to crawl, jump and balance through.

Play chasing, hopscotch or “follow the leader” with big movements.

Dance and copy each other’s actions to favourite songs.

 **Try** An obstacle course lets your child practise every skill at once — and it
this: just feels like play.

Tricks that make it work

- ✓ Aim for active play every day, even just ten minutes at a time.
- ✓ Keep it safe: clear the space, use soft landings and stay close.
- ✓ Take play outdoors to the park or garden whenever you can.
- ✓ Join in yourself — children move more when a grown-up plays too.
- ✓ Celebrate trying and having a go, not just getting it right.
- ✓ Follow your child’s energy — stop before they get overtired or frustrated.

How you’ll know it’s working

- Steadier balance and fewer trips and falls
- More willingness to run, jump and climb
- Smoother catching, throwing and kicking
- More confidence joining active play with other children



Is this based on real methods? This program is guided by widely used motor milestones from bodies such as the CDC and WHO, and the well-established value of regular active daily play for building coordination.