

Internet Resources Related to Gross and Fine Motor Skills

Children's Activities: Get Kids Moving

From Nemours, Children's Health Center

The article provides suggestions and ideas for incorporating large muscle movement activities throughout the day.

<https://healthykidshealthyfuture.org/5-healthy-goals/get-kids-moving/classroom-activities/>

SPARK Instructional Units

From SPARK PE, A curriculum for Early Childhood from School Specialty

The site provides sample physical motor lessons for eleven units of instruction.

<http://www.sparkpe.org/early-childhood/curriculum/lesson-plans/>

Best Practices for Physical Activities

Nemours, Health and Prevention Services

The booklet provides a thorough overview of physical activity guidelines for home and school for children ages birth through six years. Strategies for supporting physical development are provided for each age group.

https://d3knp61p33sjvn.cloudfront.net/media-resources/ECELC/C2P2/LS3/ECE_Program_Participants/English_PhysicalActivityGuideFINAL.pdf

Fine Motor Skills Needed at School and Classroom - Activities to Help

From The OT Toolbox

The article describes daily functions within the school environment that require fine motor skills and provides hints, activities, and strategies for supporting development of the skills.

<http://www.theotttoolbox.com/2016/08/fine-motor-skills-needed-at-school-and.html>

Understanding Physical Development in Preschoolers

From Get Ready to Read – Early Learning and Childhood Basics

This site provides information about motor skills in the developmental sequence and suggests strategies for supporting skills.

<http://www.getreadytoread.org/early-learning-childhood-basics/early-childhood/understanding-physical-development-in-preschoolers>

Creating Fine Motor and Gross Motor Centers – How to Set up a Preschool Classroom

The page provides lists of materials, suggestions for activities, and photo examples.

<https://www.wikihow.com/Set-Up-a-Preschool-Classroom>

Fine Motor Skills for Special Education Early Intervention - Building Strength and Skills

From Thought Co. Resources for Educators

The article includes life skills and academic skills.

<https://www.thoughtco.com/fine-motor-skills-for-special-education-3110445>