

# Gross motor skills: 5 years

## Skills to expect

- Can hop 8 to 10 times on one foot.
- Can catch a ball using hands only (does not use their body to capture the ball).
- Can balance on one foot for 3 to 5 seconds.



## Examples of expected skills standing on one foot and catching ball

### How you can help

- Practice throwing and catching a ball.
- Practice standing on one foot like a flamingo.
- Practice trying to hop on one foot with your child.
- Practice walking along a line, use tape or chalk to make thick line on the floor. To make it harder, make different shapes out of the tape.
- Encourage your child to explore their environment in a safe way.
- Take your child to the playground and practice going up and down stairs. Let your child think about how to use their muscles and balance in different situations.

## Helpful toys to use



**Balls of all sizes**



**Balance beam**



**Painter's tape**



**Playground equipment**

**Rehabilitation Services and NEST clinic**

**682-885-4063**

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.