

Gross Motor Accommodations/Adaptations/Strategies

Birth-12 months



Birth-12 months

Overall note: While playing and encouraging movement, talk, sing, smile, use rattles, toys to engage child to move. Provide “floor time” to encourage time to explore and move his body in a safe, comfortable environment. Provide physical support when needed but give child opportunity to use and strengthen muscles.

- When child is laying on back, in a safe comfortable area, alternate positioning of toys and mobiles to encourage child to look to different sides. Add a small pillow or towel under head, tickle stomach lightly to elicit abdominal contractions, bring feet to hands/mouth, move the child’s legs alternatively, slowly, rhythmically while talking, singing, smiling. Gently flex the hips and knees to his chest, add little pressure, lightly tickle, use different textures (towel, fur, cotton balls) to the bottom of feet to desensitize
- When child is on his stomach in a safe comfortable area: roll a towel under his chest to encourage lifting his head. By 3 mos. child should lift head when supported on elbows. Encourage his head to come higher by shaking a noisy toy a little above his line of vision so he will raise head to see it
- Support head/neck when holding child and talking, singing, smiling and playing
- Provide supported sitting and lessen support as child develops more trunk and head control, encourage child to go from prone or supine, to rolling to all 4’s and sitting
- Hold the child’s trunk to bear some weight on legs, as child develops more trunk control, encourage more of child’s own weight and standing on different textures (tile, carpet), encourage child to take steps while holding trunk decreasing support until child briefly stands alone
- Encourage child to roll from supine to prone and prone to supine
- Encourage crawling on tummy, scooting first then bringing knees into chest and bouncing, then on all 4’s rocking, and alternating legs and arms to crawl

Gross Motor Accommodations/Adaptations/Strategies

12-24 months



12-24 months

Overall note: While playing and encouraging movement, talk, sing, smile, use rattles, toys to engage child to move. Provide “floor time” to encourage time to explore and move his body in a safe, comfortable environment. Provide physical support when needed but give child opportunity to use and strengthen muscles.

- Place child in standing, holding onto sturdy, non-moving furniture, encourage child to take steps, supporting child’s trunk, if needed
- Place toys out of reach of child to encourage child to pivot or twist to pick up objects
- Show a child how to walk while pushing a chair, weighted box or toy, then guiding child to walk decreasing support as needed
- Place child near a table, put a toy of interest on the table and encourage child in sitting to pull to standing, in half kneeling position, supporting child and guiding transition if needed
- Help child practice kneeling with balance
- Help child stand from supine by turning on all 4’s by place the child in hand-knee position, push up into hand-feet position then gradually rises to standing with support
- Throw a ball or soft, small toy with child encouraging child to throw underhand then overhand, then throws ball into a basket or box
- Encourage child to kick a ball
- Play “peek-a-boo” game by having child bend over and look through legs
- Play “Follow the Leader” by pulling a toy while walking
- Help child creep, hitch then walk upstairs while holding onto hand and downstairs with one hand held
- Help child seat himself in chair, guiding transition when needed
- Guide feet alternatively or at the same time to push and encourage riding on sturdy “ride on” toy
- Guide child to squat and pick up toy from standing to squatting
- While dancing, encourage child to jump in place with both feet lifting off the ground
- Let child explore sturdy age-appropriate jungle gym, climbing up ladder, going down slide, supporting when and if needed

Gross Motor Accommodations/Adaptations/Strategies

24-36 months



24-36 months

Overall note: Overall note: Child should exhibit some control and stability in their core extremities in all movements, and has energy to keep up with peers.

- Using hand-over hand assistance, child catches bubbles with hands, then large and smaller balls with arms decreasing hand-over hand assistance
- Guide child's feet to use pedals and assist to ride tricycle or "ride on" toy
- Play "Simon Says" or "Hokey Pokey" encouraging first simple bi-lateral and then more complex movements as child's body becomes more coordinated: windmill, sway like a tree, touch toes, in supine "bicycle" with legs, like a bird waving hands up and down
- Create an obstacle course: Jumps front, backwards, sideways, walks up and stairs and ladders, walks/runs around obstacles, walks/runs between parallel lines, stands on one foot, then the other, walks on tip toes, hops on one foot
- Climbs jungle gyms, ladders, uses rings independently with little support and stable
- Role model walking smoothly and turning corners and changing directions

Gross Motor Accommodations/Adaptations/Strategies

36-48 months



36-48 months

Overall note: Child should exhibit more control and stability in their core extremities in all movements, and has energy to keep up with peers.

Play games, “Simon Says” “Follow the Leader” to encourage:

- Transitioning into different positions (yoga)
- Standing on one foot
- Running with control and stops without losing balance
- Climbing onto/down furniture without assistance
- Climbing on jungle gyms and ladders
- Pedaling a tricycle
- Changing direction while walking/running
- Walking up/down stairs with alternating feet
- Jumping with two feet together various times
- Walking on tip toes
- Skips leading with one leg

“Play” sports, soccer, softball, tennis, football to encourage:

- Kicking balls in an area or to a peer
- Throwing, catching and rolling balls

Gross Motor Accommodations/Adaptations/Strategies

48-60 months



48-60 months

Overall note: Child should exhibit more control and stability in their core extremities in all movements, and has energy to keep up with peers.

Play games, “Simon Says” “Follow the Leader” to encourage:

- Transitioning into different positions with control and balance (yoga)
- Standing on one foot for longer period of time
- Sprinting with more control
- Climbing onto/down furniture without assistance
- Climbing on jungle gyms and ladders
- Pedaling a tricycle
- Running around obstacles
- Walking up/down stairs with alternating feet
- Jumping greater distances 10 or more times
- Jumping over an object and landing with both feet together
- Walking on tip toes
- Walking on lines or balance beam
- Hopping on one foot
- Gallops 10 feet
- Skips, alternating feet
- Performs somersaults
- Pumps and maintains momentum while on swing
- Climbs rungs of playground ladder
- “Play” sports, soccer, softball, tennis, football to encourage:
- Kicking balls in an area or to a peer
- Throwing, catching and rolling balls that has been bounced with hands, hits target