

In the Gross Motor Center

Children learn to...

- ☐ Develop muscular strength and endurance
- ☐ Develop flexibility and cardiorespiratory endurance
- ☐ Develop locomotor skills
- ☐ Develop nonlocomotor skills
- ☐ Manipulate bean bags, large balls, long ropes, and hoops
- ☐ Perform body mechanics
- ☐ Develop body awareness
- ☐ Develop spatial and directional awareness
- ☐ Develop coordination and balance
- ☐ Participate in cooperative games
- ☐ Develop and practice behavior reflective of good sportsmanship
- ☐ Develop and practice behavior that reflects an understanding of safety
- ☐ Develop primary gymnastic skills (crawling, rolling, creeping, scooting, sliding and balancing)
- ☐ Respect equipment and materials
- ☐ Make choices
- ☐ Make decisions