

## 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