

Learning about Motor Skills, Part 1 (Grades K-4)

Did you know that a motor isn't just a part in a car, but the word motor means *to move*. Every time that you move, you are using both your body and your brain. Your brain sends a signal to your muscles, telling them to move. Motor skills are movements that you master to accomplish something. There are two different types of motor skills.

- gross motor skills – use large muscles for activities like exercise, dancing, swimming, walking and running
- fine motor skills – use small muscles to move the hands, fingers, feet and toes for activities such as picking up a pencil, buttoning a shirt, eating, cutting with scissors or typing on a computer

After watching the slideshow about Tuberculosis and Occupational Therapy at Fort Stanton, see if you can correctly distinguish gross and fine motor skills.

1. Look at the pictures below and determine which motor skill is being demonstrated.
2. In the space beneath each picture, write "G" for a gross motor skill. Write an "F" in the space below a picture showing a fine motor skill.



G



F



F



G



F



G



G



F



G



F