

Motor skills are the abilities required to execute movements and tasks that involve precise muscle activity. They are essential for daily activities, from simple actions like walking and writing to complex athletic or artistic performances. Motor skills are categorized into two main types:

1. **Gross Motor Skills** These involve the large muscles of the body and are necessary for movements requiring strength, coordination, and balance.

Examples: Walking, running, and jumping
Sitting and standing
Throwing and catching a ball
Riding a bicycle
Development: Gross motor skills typically develop in infancy and early childhood as part of natural growth and are critical for mobility and physical independence.

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Last update: **2024/11/25 11:14**

