

Introduction to gross motor skills information

<https://childdevelopment.com.au/areas-of-concern/gross-motor-skills/gross-motor-skills/>

Gross motor checklist by ages

<https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-checklist/>

Core strength activities that can easily be practiced daily at home.

<https://theinspiredtreehouse.com/wp-content/uploads/2018/08/core-strenght-hening-through-everyday-play-1.pdf>