

March  
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# Foundation for writing

Mrs Scott



# Physical development



Physical development is one of the three prime areas of the Early Years Foundation Stage Statutory framework. It focuses on improving skills such as coordination, control, manipulation and movement.

Physical development has two other important factors: it helps children gain confidence in what they can do; and it enables them to feel the positive benefits of being healthy and active.

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives

There are two areas within physical development; gross motor skills and fine motor skills.



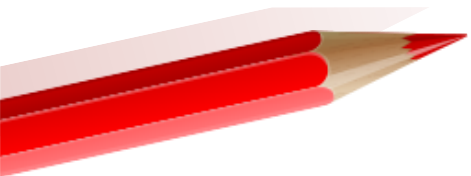




# What are gross motor skills?



Gross motor skills are movement patterns that involve the coordination of large body parts such as the legs, arms, trunk and head.



Gross motor skills involve the large muscles of the body that enable such skills as control, strength, balance, movement and coordination (including hand-eye or foot-eye coordination).



# Milestones for gross motor skills



Although children develop at different rates, having an approximate timeline when they reach certain milestones can be useful in helping you determine if your child is progressing at age related expectations. Here are some general guidelines for gross motor skill development:

If you have any worries or concerns about your child's gross motor skills, please come and speak to us.



## **3-4 year olds**

- Walk upstairs using alternate feet and carry a toy at the same time
- Climb nursery apparatus with agility
- Ride a tricycle using pedals and steer around wide corners
- Stand and walk on tiptoes
- Momentarily stand on one foot when shown
- Sit with feet crossed at ankles
- Throw a ball over arm and catch a large ball on or between extended arms
- Kick a ball forcibly
- Jump up with both feet leaving the floor

## **4-5 year olds**

- Clap in time to music
- Walk or run alone up and down stairs one foot to a step
- Stand, walk and run on tiptoes
- Stand on one foot for 3-5 seconds and can hop on preferred foot
- Show and increasing skill in ball games (throw, catch, bounce, kick and use a bat)
- Active and skillful in climbing, sliding, swinging, digging
- Able to skip on alternate feet
- Hops forward on preferred foot for 2-3 metres

# How Gross Motor Skills Develop

For your child at nursery, different aspects of the school day offer opportunities to develop and use their gross motor skills including structured gym sessions and outdoor exploration and play.

The outdoor environment is essential to develop gross motor skills, providing the opportunity for **climbing, pedaling, running, digging and ball games.**

Our structured gym sessions progress throughout the year and aim to develop key skills like balancing, controlling, coordination, body awareness and muscle strength.

It is important to develop these skills in nursery so children can **move confidently around the environment, appreciate the size of their body so they can move and interact with the environment, respond to speed and direction of movements** and to **organise and coordinate the arms and legs for activities such as riding a bike or climbing.**





# What we do

**At WCPS we encourage the development of gross motor skills through:**



- Climbing
- Cycling
- Scooting
- Digging
- Planting
- Role play in the mud kitchen (mixing, pouring)
- Yoga
- Dancing
- Rolling, throwing, catching balls
- Opportunities for pushing, pulling and carrying
- Circle time games
- Ring games
- Weekly gym sessions include
  - Exploring different ways of moving: running, skipping, hopping, jumping.
  - Games that involve manipulating the speed, direction and coordination of movements.
  - Balancing while moving around and over obstacles.
  - Throwing, catching, kicking and hitting a ball.
  - Climbing over and through different apparatus.

## Activity ideas for you to help your child build gross motor skills at home

Children aged below 5 are energetic and need 3 hours of physical activity per day. A lot of their day is spent at nursery where most of this physical activity will occur but these are some things you can add to your daily routine to increase the physical activity level of your child.



- Visiting the local park after school. Making a trip to a bigger park at the weekends so your child can explore and climb freely.
- Mark making on large pieces of paper on the floors helps to build the strength and coordination of the whole arm.



- Join a sports group or dance class
- Walking, scooting or cycling to school.

You can google 'ideas to develop gross motor skills for ...(age/gender/education phase)' to find more suggestions.



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# Fine Motor Skills

Mrs Scott





# What are fine motor skills?

Fine motor skills refer to the **coordination between your child's small muscles**, like those in their hands, wrists, and fingers in coordination with their eyes.

Fine motor skills involve the small muscles of the body that enable such functions as **drawing, writing, grasping small objects, and fastening clothing.**



# Milestones for fine motor skills



Although children develop at different rates, having an approximate timeline when they reach certain milestones can be useful in helping you determine if your child is progressing at age related expectations. Here are some general guidelines for fine motor skill development:

If you have any worries or concerns about your child's fine motor skills, please come and speak to us.



## 3-4 year olds

- Builds tower of nine small blocks
- Copies circle, imitates crosses and traces along lines
- Holds pencil between thumb and finger on the opposite sides of a pencil
- Manipulates play-dough (rolls balls, makes snakes, cookies)
- Beginning to show a preference for a dominant hand
- Snips paper using scissors
- Opens containers, such as a lunch box and bags.
- Using the non-dominant hand to assist and stabilise objects.
- Threading a sequence of small beads onto string.
- Cutting roughly around pictures.
- Completing 4-6 pc interlocking puzzles.
- Dressing independently including large buttons, socks and shoes

## 4-5 year olds

- Cuts on line continuously
- Cuts out simple shapes
- Uses a preferred hand for most activities
- Uses a 3 fingered grasp of pencil and uses fingers to generate movement
- Colouring inside the lines.
- Colouring an entire picture.
- Tracing on a line with control.
- Copying simple pictures using geometric shapes.
- Independently attempting to draw a range of pictures
- Opens bags, containers and lunch boxes.
- Completes 8-12 pc interlocking puzzle.
- Begins to write letter shapes and numbers
- Dresses and undresses independently
- Copying 9 block models.
- Designing own Duplo models.

# How Fine Motor Skills Develop

Your child's fine motor skills will develop through every day actions and at playtime with activities that involve grasping, holding, and pressing.



We carefully plan in opportunities to develop all the milestones during their time with us in nursery.

As your child grows and their fine motor skills improve, we increase the challenge and move on to more advanced skills such as coat buttons, using scissors, opening and closing plastic containers, threading beads and building with Lego.





# What we do

At WCPS we encourage the development of fine motor skills through:



- Scissor activities
- Painting
- Drawing
- Hammering
- Playing instruments
- Threading
- Weaving
- Stirring (cooking)
- Chopping/peeling
- Kneading dough
- Using tweezers
- Constructing with kits (Lego/Duplo)
- Using staplers & hole punchers
- Exploring wind up toys & remote control toys
- Pressing buttons
- Folding, rolling, tearing and crumpling paper
- Filling and pouring
- Opening and closing containers
- Puzzles
- Board games
- Gardening
- Exploring nuts and bolts
- Adding pegs to boards
- Locks and keys
- Cotton bud painting

Weekly whole class inputs:

- Finger exercises
- Dough Disco

## Activity ideas for you to help your child build fine motor skills at home

When it comes to helping your child develop their fine motor skills, you don't have to do anything fancy nor do you have to buy expensive toys.

Most children can practice and improve their fine motor skills through play and normal every day actions.

- Make cakes and biscuits, set the table, pouring their own milk, using tweezers to pick things up or practice putting rubber bands around a cup.

- Drawing with markers, crayons, coloured pencils, and chalk. Drawings needn't be perfect, and scribbling is just fine for developing fine motor skills.



- Paper-cutting activities
- Create a card
- Develop a collage together
- Finger paint a picture
- Make figures out of clay or play-dough

- Puzzles, board games, remote control cars and web based games.



You can google 'ideas to develop fine motor skills for ...(age/gender/education phase)' to find more suggestions.

# Resources for you

For example...

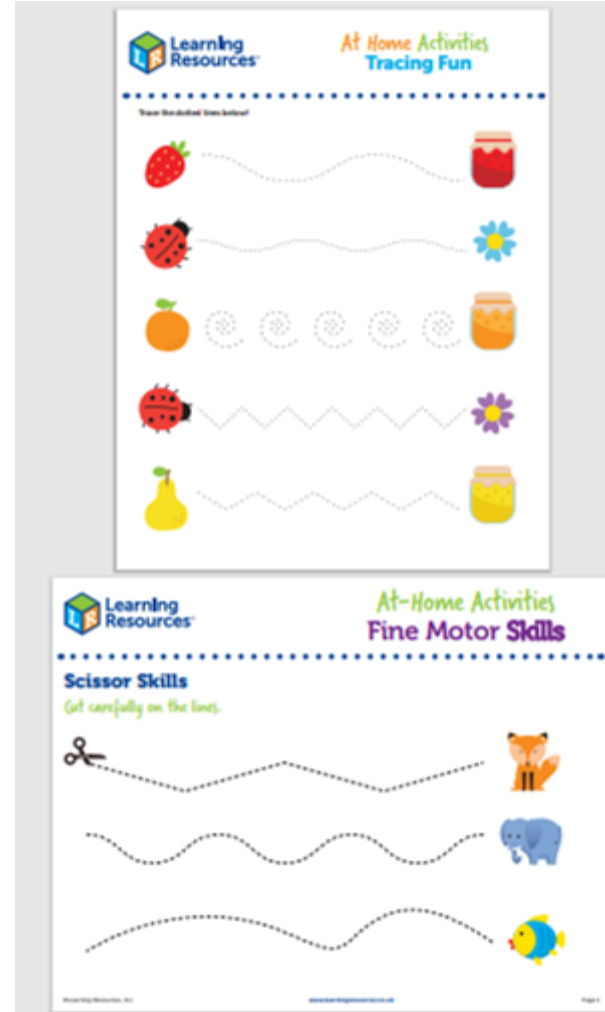


40 fine motor skills activities

the imagination tree

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

Some printable activity sheets



Learning Resources At Home Activities Tracing Fun

Trace the dashed lines below!

Learning Resources At-Home Activities Fine Motor Skills

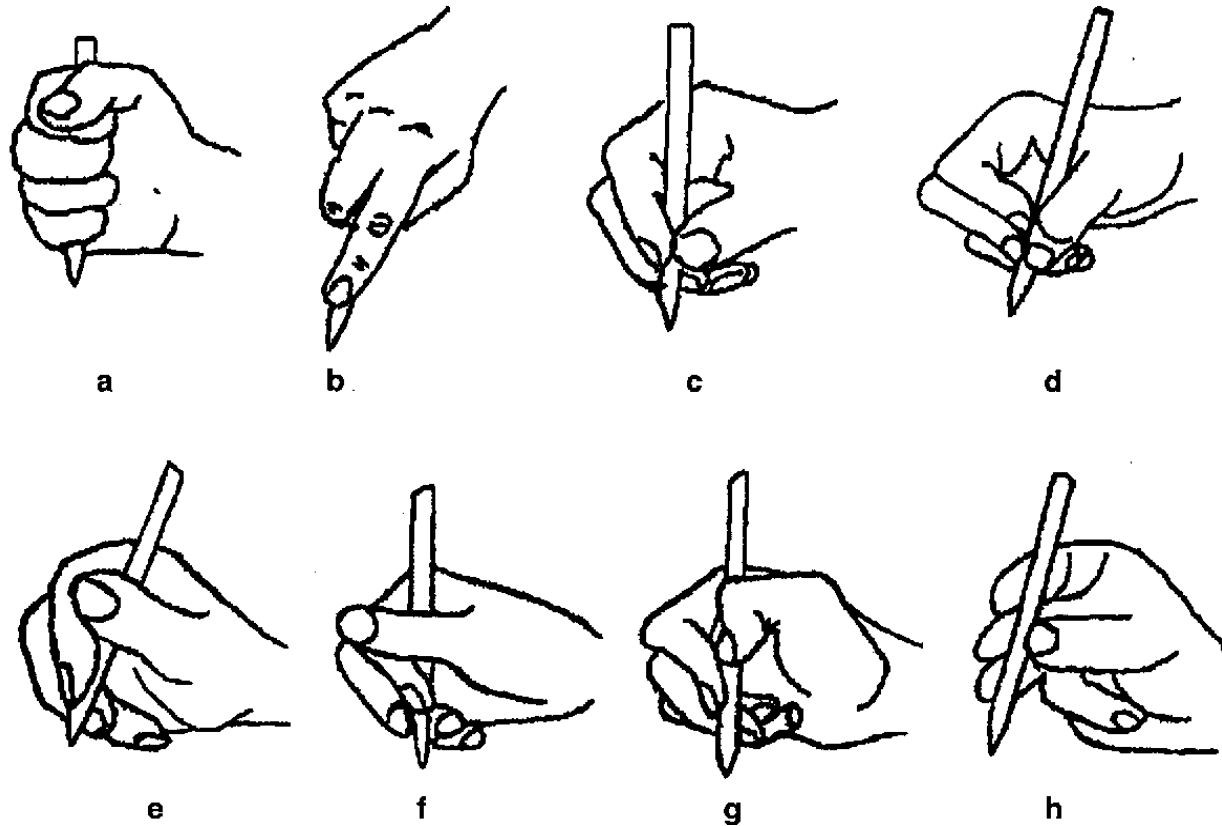
Scissor Skills

Get carefully on the lines.





## Final note: Pencil grasp patterns



These are all normal. Allow your child to explore and experiment. Gradually encourage towards a tripod grip. It is a comfortable grip and allow good control.



Thank You!

Any questions?

