

Physical Development Home Learning Support

By the end of the academic year, our aim is for children to have mastered the following skills:

Revise and refine the fundamental movement skills they have already acquired: - rolling - crawling - walking - jumping - running - hopping - skipping - climbing

- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.

Develop overall body-strength, balance, co-ordination and agility.

- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Develop the foundations of a handwriting style which is fast, accurate and efficient.
- Further develop the skills they need to manage the school day successfully: - lining up and queuing - mealtimes

At the end of the year, teachers will complete the Early Years Profile and assess children against the Early Learning Goals.

Gross Motor Skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Fine Motor Skills

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.
- Use a range of small tools, including scissors, paintbrushes and cutlery.
- Begin to show accuracy and care when drawing

Home Learning Ideas

It is important to allow your child to develop a comfortable pencil grip in their own time. There is no need to force your child to hold a pencil in a certain way - their grip should naturally develop and progress as their muscles and posture strengthen and develop.

Palmar Grip

The pencil is held in the whole fist. Usually develops between the ages of one and two.



The elbow, wrist and fingers stay in a fixed position. Movement comes from the shoulder.

Digital Pronate Grip

All fingers are holding the pencil and the palm is facing downwards. Usually develops between the ages of two and four.



The elbow and the wrist stay in a fixed position. Movement comes from the shoulder.

Splayed Four-Finger Grip

Looks similar to how adults would hold a dart, with four fingers opposite the thumb. Usually develops between the ages of two and four.



The hand is in the air, not resting on the table. Movement comes from the elbow and later the wrist. Fingertips and shoulders remain in a fixed position.

Static Tripod and Quadropod Grip

Pencil is held with the first three or four fingers. Usually develops between the ages of three and five.



Movement comes from the wrist. Fingertips, elbow and shoulder remain in a fixed position.

Dynamic Tripod Grip

The pencil is held lightly between the thumb and index finger and middle finger. The ring and little finger curl gently into the palm of the hand. Usually develops before the age of seven.



The hand rests on the table. Movement comes from the fingertips. The wrist, elbow and shoulder remain in a fixed position.

Seasonal Walks

Go for a walk to the local park, river or beach. Take a bag and collect different natural items to use for loose part counting and art for example. Things to collect (depending on where you live) acorns, pine cones, conkers, stones, pebbles, shells, leaves, sticks, feathers, berries, flowers and petals.

Hopscotch

Chalk out a hopscotch grid on the pavement and challenge a friend to a game.

Threading

Make a necklace using string and beads, macaroni or Cheerios. Carefully thread them on to the string. Can you do this with both hands?

Ribbon dancing

Use some ribbons or cut old material into strips. Twirl them as you move and dance around to music! Make sure you combine different movements. Twist and turn. Jump and leap. Crouch down low and stretch up high.

Obstacle Course

Set up an obstacle course in your garden or a room with some space. Use everyday items such as:

- Pillows to jump over
- Chairs to crawl under.
- A book to balance on your head whilst quick walking
- Large clothes to put on
- A hoop to jump in and out of (use string if you don't have a hoop)

Useful Websites

<https://www.youtube.com/user/CosmicKidsYoga>

[GoNoodle Home](#)

[5 Minute Move | Kids Workout 1 | The Body Coach TV - YouTube](#)

[Crocodile Snap Write Rules Tripod Pencil Grasp Song for Children - YouTube](#)

[dough disco - YouTube](#)