



Physical Development



"Inspiring a love of learning"

Research has shown that physical activity in young children can enhance concentration, motivation, learning and well-being.

Generally, our lives have become more inactive and our children have less opportunity for physical activity each day.

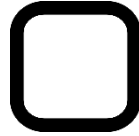
Your child's progress during their first year at school will be affected by their physical maturity so here are a few fun ways to help your child to develop physical dexterity, strength, stamina and control.

See how many of the following activities you can complete and bring this booklet along when your child starts school because we would like to celebrate your child's achievements.

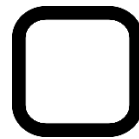


Building things

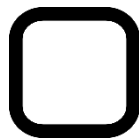
Can you complete a jigsaw puzzle?



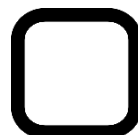
Can you stack things on top of each other? How high can you go before they fall?



Can you make a model with construction toys?

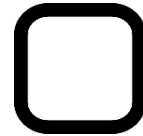


Can you make a model out of junk materials?

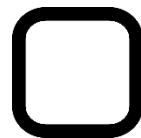


Playdough

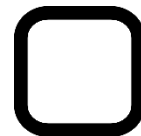
When you squeeze the dough does it ooze through your fingers?



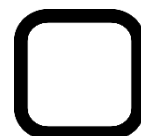
Can you roll some dough into a smooth ball?



Can you change its shape by rolling it into a sausage?

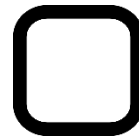


Can you use a knife and fork to cut the dough into small pieces?

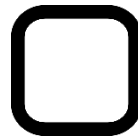


Scissor control

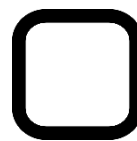
Can you hold a pair of scissors safely?



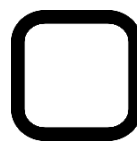
Can you snip little bits of paper?



Can you cut along straight lines?

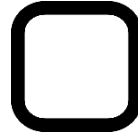


Can you cut along curved lines?

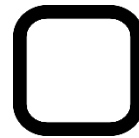


Mark Making

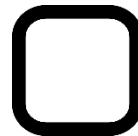
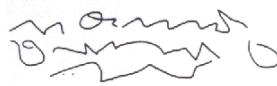
Can you hold a pen or pencil correctly?



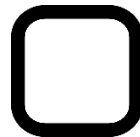
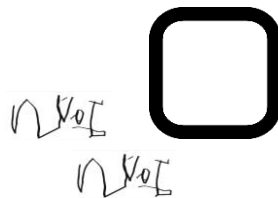
Can you draw straight lines and circles?



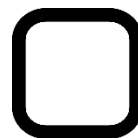
Can you make marks with writing tools?



Can you form some recognisable letter shapes?

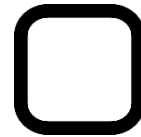


Can you write your name?

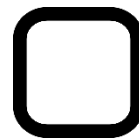


Self Care

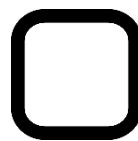
Can you put your shoes on the right feet?



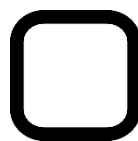
Can you go to the toilet on your own?



Can you get yourself dressed?



Can you do up your coat by yourself?



Exercise

Go for a walk in the woods and explore, squelching through mud, splashing in puddles, climbing over tree stumps and using all of your senses to experience being outside. Walk for at least half an hour, but maybe you can walk for an hour!

