|  |
| --- |
| http://www.getreadyforschool.co.nz/images/logo.jpgA logo for a primary school  Description automatically generated with low confidenceA logo for a primary school  Description automatically generated with low confidence  **Physical Development** |

|  |
| --- |
| 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.  Image result for clipart tick |

|  |
| --- |
| **Building things**  Can you complete a jigsaw puzzle?  Image result for simple childs jigsaw puzzle Image result for clipart tick box  Can you stack things on top of each other? How high can you go before they fall?  Image result for stacking wooden bricks Image result for clipart tick box  Can you make a model with construction toys?  Image result for duplo model Image result for clipart tick box  Can you make a model out of junk materials?  Image result for junk materials Image result for clipart tick box |

|  |
| --- |
| **Playdough**  When you squeeze the dough does it ooze through your fingers?  Image result for squeezing playdough Image result for clipart tick box  Can you roll some dough into a smooth ball? Image result for rolling playdough into a ball Image result for clipart tick box  Can you change its shape by rolling it into a sausage?Image result for rolling playdough into a sausage Image result for clipart tick box  Can you use a knife and fork to cut the dough into small pieces?  Image result for knife and fork to cut play dough Image result for clipart tick box |

|  |
| --- |
| **Scissor control**  Can you hold a pair of scissors safely?  Image result for child holding scissors Image result for clipart tick box  Can you snip little bits of paper?  Image result for child snipping bits of paper Image result for clipart tick box  Can you cut along straight lines?  Image result for child cut a straight line Image result for clipart tick box  Can you cut along curved lines?  Image result for child cut a circle Image result for clipart tick box |

|  |
| --- |
| **Mark Making**  Can you hold a pen or pencil correctly?  Related image Image result for clipart tick box  Can you draw straight lines and circles?  Image result for child drawing Image result for clipart tick box  Can you make marks with writing tools?  Image result for child emergent writing Image result for clipart tick box  Can you form some recognisable letter shapes?   * Image result for clipart tick box   Can you write your name?  Image result for child writing name Image result for clipart tick box |

|  |
| --- |
| **Self Care**  Can you put your shoes on the right feet?  Image result for child right and left feet Image result for clipart tick box  Can you go to the toilet on your own?  Image result for child toilet Image result for clipart tick box  Can you get yourself dressed?  Related image Image result for clipart tick box  Can you do up your coat by yourself?  Image result for child doing up coat Image result for clipart tick box |

|  |
| --- |
| **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!  Image result for clipart walking through trees  Image result for clipart tick box |