



Help your child to learn at home.

Physical Development

At Home

Physical Development at Home

Fine Motor Skills - Encourage activities that require a pincer grip between the thumb and index finger.

- Using tweezers, pipettes, pegs.
- Picking up small objects e.g. buttons, pompoms, blueberries.
- Pinching and shaping dough, plasticine or clay.
- Using pens, pencils, crayons or felt-tips.
- Threading beads, cotton reels, cheerios.
- Jigsaw puzzles, building with small bricks and lego.
- Filling and pouring containers – add a jug to the bath toys.
- Crafts such as gluing collage and using stickers.

Using one handed tools e.g. scissors, hole punch.



Gross Motor Skills – Encourage movements such as...

- Dancing.
- Walking up and down stairs.
- Jumping, skipping, hopping etc.



Health and Self Care at Home

Dressing and Toileting

- Encourage your child to dress themselves.
- Buy clothes that enable your child to be independent e.g. elasticated waists, velcro shoes.
- Support toilet training – this NHS information is useful:

www.nhs.uk/conditions/pregnancy-and-baby/potty-training-tips



At nursery we will support your child with toilet training whatever age or stage they are at.

Eating and Drinking

- Sit at a table to eat meals and snacks.
- Start using a cups without lids during the day especially at mealtimes.
- Move from using a spoon to using a knife and fork.



Out and About

Developing gross motor skills will eventually help your child to write. At first children manipulate the arm from the shoulder joint. Gradually they develop control of the elbows and hands. Finally children learn how to make the fine finger movements needed for writing.

Playgrounds aren't just for fun. They provide opportunities for your child to develop gross motor skills and muscle strength by:

- swinging
- climbing
- balancing
- crawling



Soft play centres can also develop these skills.

Other activities to help your child develop physically are:

- dancing
- throwing, catching and kicking a ball
- digging in sand or soil
- sweeping
- using sponges to wash doors
- painting walls with water
- carrying objects e.g. buckets



The Early Years Curriculum

Not all children develop at the same rate but by the end of nursery most children will...

Moving and Handling – 30-50 months:

Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.

Mounts stairs, steps or climbing equipment using alternate feet.

Walks downstairs, two feet to each step while carrying a small object.

Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.

Can stand momentarily on one foot when shown.

Can catch a large ball.

Draws lines and circles using gross motor movements.

Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.

Holds pencil between thumb and two fingers, no longer using whole-hand grasp.

Holds pencil near point between first two fingers and thumb and uses it with good control.

Can copy some letters, e.g. letters from their name.

Moving and Handling – 40-60 months:

Experiments with different ways of moving.

Jumps off an object and lands appropriately.

Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.

Travels with confidence and skill around, under, over and through balancing and climbing equipment.

Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

Uses simple tools to effect changes to materials.

Handles tools, objects, construction and malleable materials safely and with increasing control.

Shows a preference for a dominant hand.

Begins to use anticlockwise movement and retrace vertical lines.

Begins to form recognisable letters.

Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed.

Health and Self-Care - 30-50 months:

Can tell adults when hungry or tired or when they want to rest or play.

Observes the effects of activity on their bodies.

Understands that equipment and tools have to be used safely.

Gains more bowel and bladder control and can attend to toileting needs most of the time themselves.

Can usually manage washing and drying hands.

Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers, and pulls up zipper once it is fastened at the bottom.

Health and Self-Care - 40-60 months:

Eats a healthy range of foodstuffs and understands need for variety in food. Usually dry and clean during the day.

Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

Shows understanding of the need for safety when tackling new challenges, and considers and manages some risks.

Shows understanding of how to transport and store equipment safely.

Practices some appropriate safety measures without direct supervision.