



WELCOME TO **NURSERY**

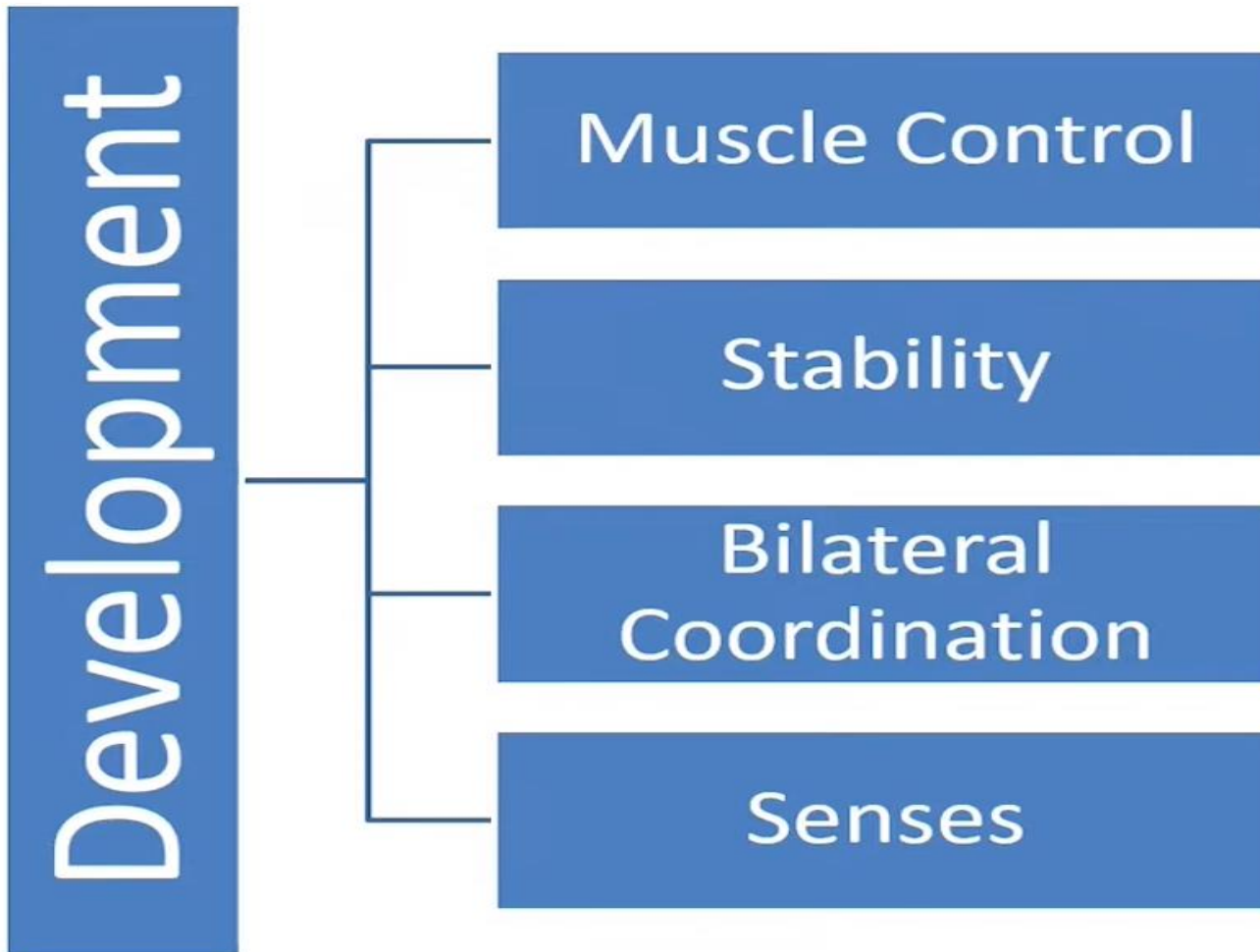
Prime Area: Physical Development
Fine and Gross Motor Skills

Children's Skill Development is like building a house.

Before putting up the walls and the roof of a house, a solid foundation must be laid first.



Main foundation blocks



Physical Development

Early Learning Goals



Gross Motor Skills

Children at the expected level of development will:

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

Children at the expected level of development will:

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, paint brushes and cutlery.

Begin to show accuracy and care when drawing.

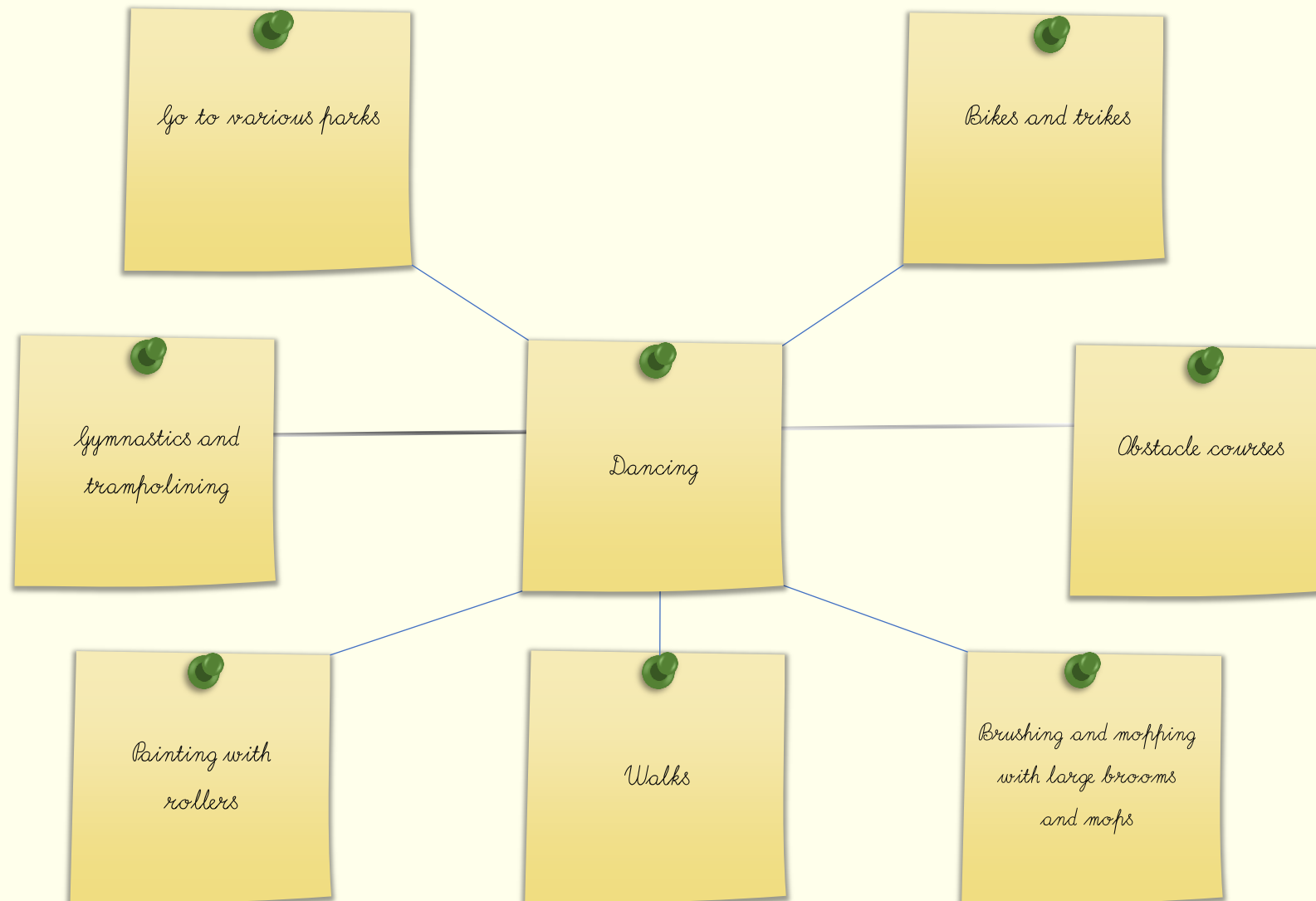
What Are Gross Motor Skills?

Gross motor skills are movements that require the larger muscles in your body, such as rolling over, crawling, walking, climbing, and jumping. Because gross motor skills involve whole-body movements, they're necessary for other abilities like balance, body control, and coordination.

We need to develop gross motor skills to:

- create a firm foundation for all fine motor skills;
- develop an awareness of where our bodies are in space;
- control how the different parts of our bodies move;
- integrate movements across the midline of the body and establish a dominant hand;
- develop core strength and stability;
- maintain a good posture for using fine motor skills;
- develop upper body strength and shoulder girdle stability which supports the movements of hands and fingers;
- support everyday activities, such as self-care, learning and play.

What can be done to improve gross motor skills?



What Are Fine Motor Skills?

Fine motor skills are the everyday movements (like holding a pencil or tying a shoelace) that require the strength, coordination, and dexterity of the small muscles of the body like those in the hands, fingers, and wrists.

Between the ages of two and four, children often start to:

- ▶ **run, jump**, catch a ball and **kick** a ball forwards;
- ▶ **hold a crayon or pencil** between thumb and fingers and can make vertical, horizontal and circular motions;
- ▶ **turn pages** in a book, one at a time;
- ▶ **thread** onto a string;
- ▶ **use scissors** (initially with help), then snip paper and cut along a straight line;
- ▶ **complete** simple **puzzles** (initially up to ten pieces);
- ▶ **screw** and **unscrew** lids;
- ▶ **climb** up stairs using alternate feet;
- ▶ **balance** on one foot;
- ▶ begin to **manage zips** with help and manipulate large buttons and poppers;
- ▶ **develop self-care skills**, such as eating independently, unbuttoning and zipping clothes and pour a drink into a open cup.



By the time children are accessing school:

They are consolidating or developing many of the skills touched on above. Once children feel more confident and independent with these skills they may begin to:

- ▶ **move in a range of ways**, confidently and with more control, balance and coordination (including hopping, climbing, skipping, jumping and running);
- ▶ **place** small objects into containers, such as bottles;
- ▶ **hold and cut** with scissors to create different shapes and lines, moving on to cutting out more complex shapes;
- ▶ **cut food** with a knife;
- ▶ **use** a range of **simple tools**, such as tweezers;
- ▶ **hold a pencil** and make recognisable pictures, marks, letters and numbers;
- ▶ develop **further self-care skills**, such as dressing themselves opening all fastenings and buttoning up clothes and becoming independent with toileting.

Every child's fine and gross motor skills will **develop at a different rate**. It's important to meet children where they are so they can **gain confidence and build strength** in their movements before moving on to more challenging activities like those above.



What can be done to improve fine motor skills?

- Playdough and clay
- Threading
- Cooking
- Woodwork
- Weaving
- Sewing
- Painting and finger painting
- Sand and water play
- Building
- Transient art
- Collaging





Thank you
for your support