

Preparing for School... Activities - January 2015

To help prepare your child for school, this month we will be focusing on physical development. There are three aspects to physical development in the EYFS and we want to help your child develop well across all three so they are ready for school in september. The three strands to physical development are:-

- Moving - gross motor development
- Handling - fine motor skills
- Teaching children about health and self-care

When they go to school children need to be able to move confidently in lots of different ways... have the manual dexterity skills and hand/arm strength they need to learn to write... take care of their own toileting needs... put on their shoes... get dressed and undressed for playtime and PE (Velcro really does help!)... manage eating and drinking independently... understand about healthy eating and the importance of brushing teeth ... washing their own hands... knowing they need to drink plenty of water through the day to stay healthy etc,

We would like to share with you a few of the ways we are supporting your child to develop strong hands and arms so they are ready for learning to write at school... because of course, they can't write until their muscles are well enough developed to be able to hold and control a pencil! just 5-10 minutes focused on fine motor skills every day can help build essential hand and arm movements.

We plan daily '**fiddly fingers**' activities such as:-

- Putting marbles in and out of small containers
- Feeding milk bottle tops into a small box
- Weaving ribbons through a frame
- Writing in sand, rice or lentils
- Colouring in pictures
- Dressing and undressing dolls and teddy bears
- Whisking up and playing with soap flakes
- Building big towers
- Tearing colouring paper and tissue
- Moulding with play dough
- Folding paper aeroplanes
- mark making with different sized brushes
- Using tweezers to pick things up
- Cutting with scissors
- Threading beads and wooden shapes onto shoelaces
- Drawing with chalk
- Moving around glue and glitter
- Fastening zips and buttons
- Painting with cotton buds or fingers
- Using chopsticks to make a picture
- Tracing letters, numbers or shapes
- Making patterns with milk bottle tops
- Pushing craft sticks into play dough
- Singing finger songs and rhymes together
- Weaving around a cardboard shape
- Making colour patterns with duple

Please let us know what '**fiddly fingers**' activities your child enjoys at home via this month's "**My Favourite Things**" page in your child's **Communication Book**, so that we can add some of your ideas from home to our list.

