

Physical development at home

A few ideas of physical activities that you could do at home together.

Gross Motor

- Playing catch with a balloon or a ball. Adding rice in the balloon can add another sensory element.
- Rolling a ball down a slope, to a partner or towards a target.
- Play a game of skittles.
- Kicking a ball towards a target.
- Bouncing a ball.
- Crossing midline – painting with water on the wall outside or the patio, cleaning the table with a cloth, passing objects to a partner, putting toys in the toybox (think carefully where you place the box to encourage them to cross the midline).
- Develop core strength by sweeping outside, taking the washing out of the washing machine, hoovering.
- YouTube resources – Just Dance, Cosmic Yoga for Kids, Boogie Beebies (Movement to songs and stories)
- Make a simple obstacle course in the garden, encouraging pupils to move under, over and through obstacles.

Fine Motor

- Painting on an easel.
- Threading beads or pasta on a string.
- Thread cheerios on a pipecleaner.
- Stacking cups
- Construction toys
- Play dough – exploring, pinch, squeeze, pat, push items into dough, use a rolling pin, cutters, make a model.
- Opening packets and containers
- Spreading activities – making a sandwich
- Using cutlery both to eat and in play e.g. cutting playdough
- Mark making activities (see Pintrest)
- Dressing and fastening
- Cooking activities, moving hands to explore ingredients, using a spoon to stir, using both hands i.e. one hand to hold the bowl and the other hand to hold the spoon and stir.
- Using scissors to snip, cut and use both hands i.e. one to hold the paper and one to hold the scissors
- Messy play (See Pintrest) To move fingers, draw with a tool, scoop with a spoon, pick up with tweezers.
- Stickers