

Home Learning Foundation 1 Spring 2020

Physical Development

This half term we would like you to support your child's gross motor development -the big muscles. Once these muscles are developed they will then help the little muscles develop - the fine motor development.

These are the muscles they will need to develop fine motor skills in order to hold a pencil and write, do up their buttons and zips and manipulate tools such as cutlery, scissors, small construction equipment etc.

So here are a few ideas to try out at home that will help to support the development of those big muscles.

Wash the windows

- Get some sponges of different sizes, large car sponge, bath sponge, small kitchen sponge and a bucket of soapy water.
- Dip and squeeze out the water creating suds
- Use large arm movements to make circular soapy patterns on the garden windows
- Use a window wiper (the poundshop or somewhere similar sell them!) to wipe the suds away



Sing active songs

Sing one of these classic songs, and add some actions!

- I'm a Little Teapot
- If You're Happy and You Know It
- The Hokey Cokey
- Head, Shoulders, Knees, and Toes
- Teddy Bear, Teddy Bear, Turn Around

Create a wiggle jar

Make some action cards and place them in jar. When your child needs to expel some energy, pull a card from the jar and have fun doing the movements together. Ideas could be:

- Jog in place while you count to ten or sing your favorite nursery rhyme
- Touch the sky and then your feet five times in a row.
- Pretend you're playing the drums.
- Fly around the room like a bird.
- Slither on your tummy like a snake



Most of all
have some
fun!













