Reception Starters 2020/2021

Physical Development (PD) involves opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children are also supported to develop an understanding of the importance of physical activity, and making healthy choices in relation to food.

Developing your child’s PD will increase their independence, strengthen their fine and gross motor skills and provide an awareness of healthy lifestyle practices. Below are activities for you to support your child’s physical development. Please send in any photographs, videos or feedback about these activities to our Reception teachers.

Email: hlearning@hinguar.southend.sch.uk

Built an assault course in your home or garden that will encourage your child to use their gross motor skills. Include activities such as running, jumping and balancing.

Focus on your child’s self-care, can they independently pull their clothes and underwear up and down when needing the toilet? Have they established a good hand washing routine?

Help your child to open packets, drinks bottles, and peel fruit to promote their independence at lunch times.

Playing with Lego, Duplo, jigsaws, Play-dough and threading are all fantastic ways to strengthen your child’s fine motor skills.

Encourage your child to practice doing up and undoing buttons, zips. Can they put on their coat and shoes?

**Useful Links**

PACEY: <https://www.pacey.org.uk/partnerships/starting-school-together/starting/self-care-tips/>

Early Years Emily dough gym exercises: <https://www.youtube.com/playlist?list=PLOcPymb-OvBy6NN-nkIHG4eXNC_mksrAx>

Joe Wicks: <https://www.youtube.com/results?search_query=joe+wicks>