

<p><i>Area of learning : Physical Development</i></p>	<p><i>Other links - PSED , Writing, Understanding the World, Mathematics</i></p>
<p><i>Opportunities /Ideas / Activities: to develop upper body strength, gross motor movements, hand-eye co-ordination, fine motor control , pencil grip and handwriting</i></p>	
<p><i>Use meal time , snack times and baking as an opportunity to use physical skills</i></p> <ul style="list-style-type: none"> • Offer opportunities for children to prepare simple snacks....snack table as part of daily routine, or plan for specific food preparation....spreading on crackers/bread with different food textures (jam, spreading cheese, peanut butter, etc.); cutting soft fruits (bananas, strawberries, etc). • Make a simple sandwich using a knife to spread butter/topping and to cut into squares or triangle shapes • Make toast (with an adult) using a knife to spread butter and topping of choice. • Make simple buns / cookies/biscuits/tarts using wooden spoon to stir a mix, scoop mixture a whisk/ fork, a rolling pin for biscuits or pastry. • Help to prepare pizza using a readymade base - spread tomato paste /sauce with a knife and add toppings of own choice - sprinkle grated cheese. Cook and cut with a pizza cutter or knife. • Use chopsticks to eat noodles or spaghetti --- have a go with other foods. • Activities using different tools such as a masher, a hand whisk, a garlic press, sieve, grater, etc. <p><i>N.B safety using tools, equipment including knives</i></p>	<p><i>Dough - this can be commercially bought dough or home-made dough (see www.imaginationtree.com for recipe)</i></p> <ul style="list-style-type: none"> • Explore dough using hands - roll in a ball, roll into a sausage using two hands/using one or two hands on a flat surface, squash into a pancake, squeeze dough in palm of hand, etc. Explore the dough using finger to press or poke, pincer movement to pinch, squash dough using your knuckle or side of hand, etc. • Offer simple challenges for children to make 'silly characters' using different skills - roll, squash, squeeze, pinch....etc. • Make 'crazy creatures' - make dough creatures using a range of small objects to press into the dough - googly eyes, pipe cleaners, small gems, stones, pebbles, beads, pasta, straws (make the dough exciting colours/smelly and sparkly) • Make a dinosaur, dog, cat or other creature /animal using one piece of dough. • Make an animal/creature using more than one piece of dough. • Use different tools to explore dough - pastry cutters, garlic press, knife, fork, rolling pin, etc. • Use objects from around the house/outside to explore patterns in the dough - sticks, bubble wrap, leaves, pan scrub, key, brush, shell, stones, etc. <p><i>N.B safety and allergies</i></p>

Outside Activities:

- Washing day - washing clothes in a bucket or baby bath or washing up bowl. Scrubbing clothes, wringing them out and using pegs to hang on a washing line.
- Washing cars, bikes, and other items outdoors.
- Using a bucket of water and different sized paint brushes paint walls and fences...and watch the water disappear - write letters, words, numbers, shapes, pictures.
- Simple races - hopping, skipping, jumping, walking sideways, dribbling a ball, bouncing a ball - use a timer.
- Throw balls, (tennis, ping pong,) into different sized containers - plant pot, bucket, yoghurt cartons, plastic cups - make it more difficult by moving further away or using smaller containers.
- Draw lines with chalk on the floor- straight, wavy, zigzag - walk along the line / walk with something balanced on their head/ walk along and pick up an object...who can be the fastest?
- Using a timer set simple challenges - balance on one leg /other leg/opposite hand and foot/stand still/jump on spot/ star jumps, etc.

Indoor Activities:

- Make simple models using junk, (cardboard boxes /tubes, plastic containers, foil, paper) and join with string, tape, glue - whatever is available.
- Threading - beads, dried pasta, 'Cheerios' Hula Hoops onto string/wool/pipe cleaners to make chains, bracelets, etc. - make different patterns and lengths.
- Games with tweezers and small objects - pasta, pom-poms, beads / egg cartons, yoghurt pots - how many in 30 seconds /1 minute.
- Make models from construction kits - Lego, Duplo, or any other kits available.
- Set challenges building towers with different objects - bricks, cardboard boxes /tubes, who can build the tallest tower?
- Using crayons/pencils/chalks draw pictures. Draw favourite animal, food, TV or story character. Write about the picture - what it is, what it does, what it looks like, etc. Use the back of old wallpaper rolls/used envelopes, note pads, etc.
- Jigsaw puzzles, board games which involve manipulation small objects - tiddly winks, marble run, connect 4, etc.
- If supervised - cutting with scissors - cooked spaghetti, paper, leaves, shapes pictures, simple drawings, etc.

Websites to support some of these activities:

- www.theimaginationtree.com - <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>
<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>
www.pacey.org.uk/working-in-childcare/spotlight-on/outdoor-activities/
www.healthmatterseducation.co.uk/at-home.html- Busy Feet www.youtube.com/user/busyfeetHME