

DEVELOPING MOTOR SKILLS

Fine motor skills are an important part of your child's development. It is the development and use of the small muscles in their hands. Children need to be confident in their gross motor skills (e.g. using their shoulders and arms) before their fine motor skills can fully develop. Gross motor skills will also aid hand-eye co-ordination.

Fine motor skills help your child to become independent in tasks related to drawing and writing, exploring their world and cognitive development. Self-care, such as feeding themselves, doing up buttons and zips is also learnt. Practising these skills will help to increase your child's independence, confidence, and self-esteem.

Every morning when the children arrive at school, they complete a Fiddly Fingers activity to develop these skills.

Below are some fun ways that you can also practise these skills at home!

GROSS MOTOR SKILLS

- Riding a bike or scooter
- Throwing and catching, kicking a ball, bat and ball games
- Hula hooping
- Moving arms round in circles
- Giant chalking outside – patterns, letters, numbers
- Using big brooms to sweep or with water to paint patterns
- Giant painting
- Ribbon dancing
- Going on the climbing frame, monkey bars
- Moving cars backward and forwards using big movements
- Mini golf
- Rollers and squidgy sponges
- Giant paint brushes and buckets of water
- Spray bottles and water – spray the pattern, letter, number, put the fire out!
- Water play – filling, pouring, emptying



FINE MOTOR SKILLS

- Playdough
- Scissor control
- Pasta and bead threading
- Finger / cotton bud painting
- Tracing – patterns, letters, numbers
- Colouring in
- Tweezers and small manipulatives (pompoms, buttons, stones, counters) - put into containers or trace patterns
- Clothes pegs and small manipulatives
- Paperclip chains
- Threading pipe cleaners or straws into colanders
- Drawing patterns
- Practising cutting skills using playdough
- Lego
- Padlocks and keys



We hope that you have fun with some of the above activities! 😊