

Reception - helping your child with Physical Development

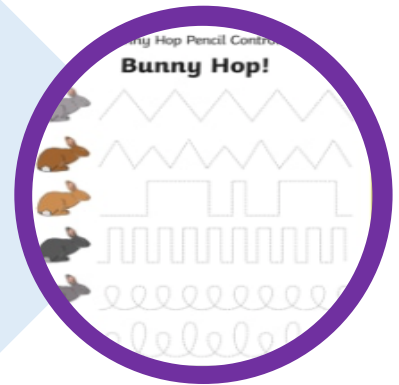


Using utensils

Encourage your child to use a knife, fork and spoon at home while eating. In between meals, your child could practise these skills using play doh. Here is a link to a simple play dough recipe: <https://www.youtube.com/watch?v=C2ytbSa3mPg>

Pencil control

Ask your child to complete the pencil control worksheet on the next page. Don't worry if you don't have a printer, they can copy the patterns onto paper or even trace the shapes on the carpet using their finger.



Get Rid of the Balls!

For this game, create a line between the two sides of the playing field by stretching a large sheet across two chairs. The object of the game is to get all the balls over the sheet and into the other player's side. Meanwhile, your opponent is trying to throw all the balls back onto your side. *If you don't have small balls using rolled-up socks or crumpled up paper.*

Indoor Obstacle Course

Set up an obstacle course using items around the home and make the rules.

Each obstacle may require a different way to cross through it. For example, ask your child to crawl under a chair or pass through the blanket tunnel twice before they could move on to the next obstacle.

Try to include rolling, crawling, jumping, hopping, skipping and climbing elements.



Bunny Hop Pencil Control

Bunny Hop!

