

# GETTING READY TO LEARN 2019/2020

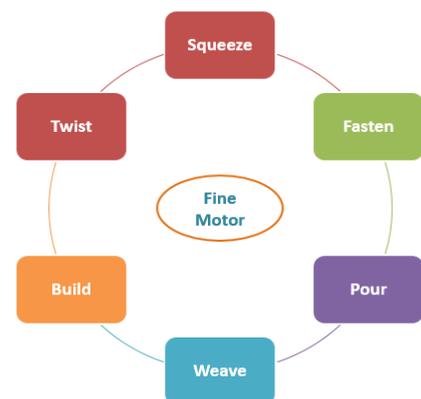


“Movement is good for my body and my brain.”



## Key Messages:

- ⇒ **Gross Motor Skills**—pre-school children need lots of opportunity to develop their large bodily movements. Activities include running, jumping, hopping turning, throwing, balancing and dancing. Encourage your child to walk a line, balance on a low beam, skip or gallop, and walk backwards. Pre-schoolers need to practice their physical skills so they can develop better balance and co-ordination.
- ⇒ **Fine motor skills** –pre-school children need lots of opportunity to develop small bodily movements (use of the hands). Encourage your child to wash and dry their hands, dress themselves with a little assistance, turn pages in a book, hold a pencil with their fingers, not their fist.
- ⇒ **Developing gross motor skills, fine motor skill and hand-eye coordination** will lay the foundation for academic learning. In order to learn to write or draw a child’s hand must be strong and co-ordinated enough to hold a pencil steady for a long period of time.
- ⇒ Fine motor skills will develop more slowly than gross motor skills. Smaller muscles of the body (like those in the hands and finger) tire out easily.
- ⇒ **Children under 5 need at least 3 hours physical activity each day.**
- ⇒ **Limit screen time as much as possible;** the younger the child the less time they should be on devices. Remember to encourage lots of play opportunities at home!



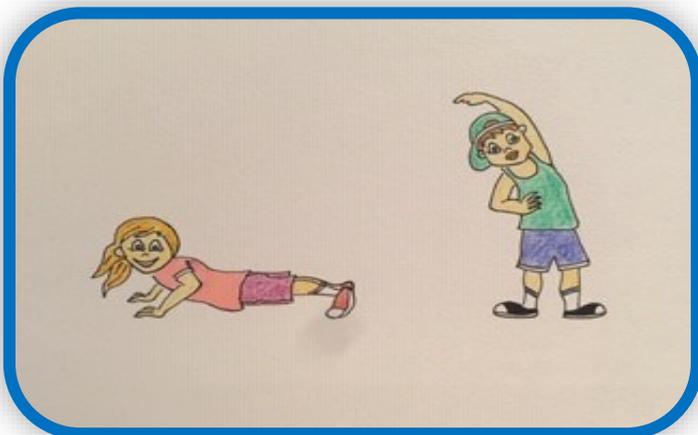
Keep checking the Getting Ready to Learn website for other resources and materials that may be useful for home learning ...

[www.gettingreadytolearn.co.uk/parents](http://www.gettingreadytolearn.co.uk/parents)

## Tips To Try at HOME



- ⇒ Try activities where your child must **reach from one side of the body across to the other**. This helps both sides of the brain and body to work together
- ⇒ Give your child the **space and freedom to use large muscles**, through activities such as running, climbing and swinging on playgroup equipment.
- ⇒ Collect toys and equipment that your child can use to develop their large muscles (eg hula hoops, bean bags, large balls)
- ⇒ Give your child opportunities to **practice small motor skills** using child safety scissors, blocks, play dough. Provide your child with a wide range of materials such as blocks, crayons, sewing activities, puzzles, small toys and sand/water play. Give your child a wet sponge to squeeze or look for toys that are buried in sand.
- ⇒ Give your child plenty of **opportunities for active play** — running games, catch, simple obstacle courses
- ⇒ Develop your child's **pincer grasp** by getting the to pick up small items like pasta using their thumb and forefinger. Stuff a baby wipe container with scarves and then let them try and pull them out.
- ⇒ Include lots of activities where your child has to balance and activities which include spinning and rolling.
- ⇒ Get your child to perform important **everyday tasks** such as getting out of bed and going downstairs for breakfast—opening doors, washing hands, brushing teeth.



### *Let's Get Moving...*

On the next 3 pages there are a range of exercises that you can use at home with your child/ren. You can cut them up into cards, decide how many movements you are going to do and then how times you will do each exercise. Or you can use 1-2 for a movement break throughout the day.

**Have fun!**



**Side to Side Twists**



**Arm Circles**



**Touch your toes**



**Forward Crawl**



**High Jumps**



**Leg Raises**



**Star Jumps**



**Sit Ups**



**Press Ups**

**Hops or jumps on the**



**spot**



**Crab Walk**



**Run or Jog**