

Physical Development.



This area of development is all about how your child gains control of their bodies.

It also includes how children learn about keeping themselves active and healthy and how they learn to use equipment and materials successfully and safely.





Train your fingers through 'Dough Disco!' Watch it here:
<https://www.youtube.com/watch?v=i-lfzeG1aC4>



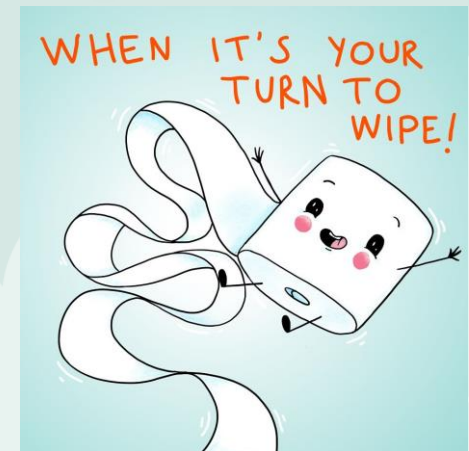
Active play that uses the large muscles in legs, arms, and trunk is important for good health and physical development. Activities that use small finger movements, such as threading, playing with playdough or cutting, develop the muscles and are crucial for important tasks like holding a pencil correctly and forming letters.



Watch this to see one way of teaching your child to put on their own coat:

<https://www.youtube.com/watch?v=-FaxBoCvNqM>

We know it is sometimes easier, and quicker, to help your children put their own clothes on, but when they are in school the adults cannot always help all 30 children, especially when we only have a short amount of time to dress for PE. Please encourage them to do it themselves!



Independence is very important. At school your child will be encouraged to cut their own food and feed themselves, please help them to do this at home. Your child also needs to be able to wash their hands by themselves and use a proper toilet independently, we cannot always wipe their bottoms for them!