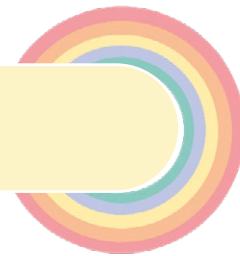


# 2-3 Physical Development



## Go and Grab Activity Equipment List

The activities in this pack are really easy to prepare and can be enjoyed in the comfort of your own home using everyday household resources. The activities include instructions and a list of the things you'll need. Once you have the necessary items, these activities can easily be repeated, modified or extended to offer more tailored support for your child as they develop.

### You Will Need:

#### Basic Items

- printer
- laminator
- laminating pouches

#### Activity 1: Catch

- anything you can throw and catch
  - socks, a ball, beanbags, balloons, scarves, etc.

#### Activity 2: Indoor Obstacle Course

All the ideas in this activity are optional and dependent on what you have at home. You can adapt these as much as you like. You might like to use:

- cushions
- blankets
- play tunnels
- masking tape
- chairs and tables
- large cardboard boxes
- train track

#### Activity 3: Making a Mark

- flour or dry rice
- a flat tray or container
- paintbrushes
- sponges
- Mark-Making Sheets (included but optional)



## You Will Need:

### ★ Activity 4: Let's Play Dress Up

- clothes and accessories for the role-play scenario you want to play



### Going to the Shops

- hat
- coat/jacket
- bag
- shoes

### Beach Day

- sunhat
- sunglasses
- flip-flops or beach shoes
- big bag
- shorts or swimming clothes, if you like



### Snowstorm

- woolly hat
- woolly scarf
- wellies or boots
- coat

### Going to Work

- shoes or boots
- bag (maybe one of yours!)
- notepad and pen
- toy phone (or something that they pretend is a phone)

### Picnic at the Park

- picnic basket or bag
- boots, wellies or shoes
- cardigan or jumper

**Disclaimer:** Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.

