

Physical Development: Gross Motor Skills

Go to the park with a grown-up, take a ball and play some different ball games. Can you throw and catch the ball? Can you kick a large ball into a goal or pass it to a friend or family member? You could make up a new game using your ball.



Sing the song, 'Head, Shoulders, Knees and Toes'. Can you do all of the actions? What other body parts could you add to the song? Can you sing the song quickly or slowly?

Have a dance party! Play your favourite music and show off your best dance moves. You could even play musical statues. Can you find different ways to move and balance?



Head to a wooded area with a grown-up and find opportunities to climb, balance and move around and over obstacles. You could play some different games, such as hide-and-seek or tag.

Can you hop and jump on the spot? How many hops can you manage? Can you hop on both legs? You could set a timer and see how many hops you can do in thirty seconds or one minute.



Make an obstacle course using cushions and pillows. Can you try to balance as you walk along or jump between the cushions? Challenge yourself to see how quickly you can complete the obstacle course. If you have a garden, you could create an obstacle course outside using natural resources, such as sticks to hop over or benches to crawl under.

Disclaimer: When carrying out any of these activities, it is your responsibility to assess whether adult supervision or other appropriate safety measures are required.

Physical Development:

Fine Motor Skills

Draw a picture of everyone in your family. Can you add their clothes and hair in the right colours? Write labels to show who everyone is. If you have any pets, you could include these too.



Help your grown-up to hang the washing up to dry. Use pegs to peg the washing on the line or onto a drying rack.

Use coloured pencils or felt-tip pens to draw a picture of your favourite animal. Can you add some details to your picture, such as fur, whiskers, stripes or spots?



Use fuse beads to create patterns and pictures. You could turn these into coasters or keyrings and give them to friends or family members as gifts.

Cut pictures out of old magazines, catalogues or newspapers. Arrange and stick them onto a new piece of paper to create a card or picture for a friend or family member.

Ask a grown-up to help you to make your own sandwich for lunch. Use a knife to carefully butter the bread and then spread your favourite filling. Can you use the knife to carefully cut the sandwich in half?



Help your grown-up to wrap parcels and packages. You could cut the paper to the right shape and size, take the sticky tape off the tape dispenser or roll and carry the parcel/package to the shop or person who it is for. If you have time, you could even make your own wrapping paper using plain paper and felt-tip pens or paints.

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