Welcome to our EYFS Physical Development Parent Workshop

Why Physical development?

Physical Development is one of the three prime areas of learning in the EYFS framework, the other two being Personal, Social and Emotional Development and Communication and Language. These three areas are recognised as prime because they form the basis of all other aspects of young children's learning and development. The three prime areas are regarded as particularly important for inspiring young children's curiosity and enthusiasm, laying the foundations for future success in all aspects of life and education.

Other links with Moving and Handling in the curriculum

The importance of Physical Development

To help young children to develop their moving and handling skills, practitioners and parents should provide lots of opportunities for them to use large muscle movements to explore their immediate environment and develop fine motor control through manipulating materials and using tools and equipment.

The importance of Physical Development

Being physically active not only strengthens muscles and develops the heart and lungs, it also supports the development of the brain.

Physical development also develops shoulder stability, hand strength, and coordination – important for later movement skills including writing.

Large muscle control develops before fine motor control, so children need lots of opportunities to make big movements with their arms before they can develop the fine motor control needed for holding a pencil.

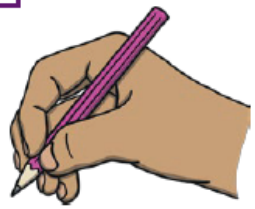
Writing requires a combination of fine motor control and hand eye coordination; skills which need lots of practise indoors and out of doors.

What does Physical Development look like at Kingsfield?

We also deliver :-

- Dough disco
- Squiggle
- Doodle (handwriting)
- Weekly P.E sessions in REC
- Forest School sessions

How do you hold yours?

☐ Four Finger Grasp	☐ Static Quadropod Grasp	☐  Static Tripod Grasp	☐ Dynamic Tripod Grasp	☐ Thumb Wrap Grasp
☐ Thumb Tuck Grasp	☐ Transpalmar Grasp	☐ Index Grasp	☐ Interdigital Brace Grasp	☐ Other

Which one do you think is typical of a 3 or 4 year old?

Handout available for more information

Typical Expectations

2 to 3 Years Old: Digital Pronate Grasp

- All fingers are holding the pencil but the wrist is turned so that the palm is facing down towards the page.
- Movement comes mostly from the elbow and the shoulder is now stabilized.
- Horizontal lines, vertical lines and circular lines are able to be copied.

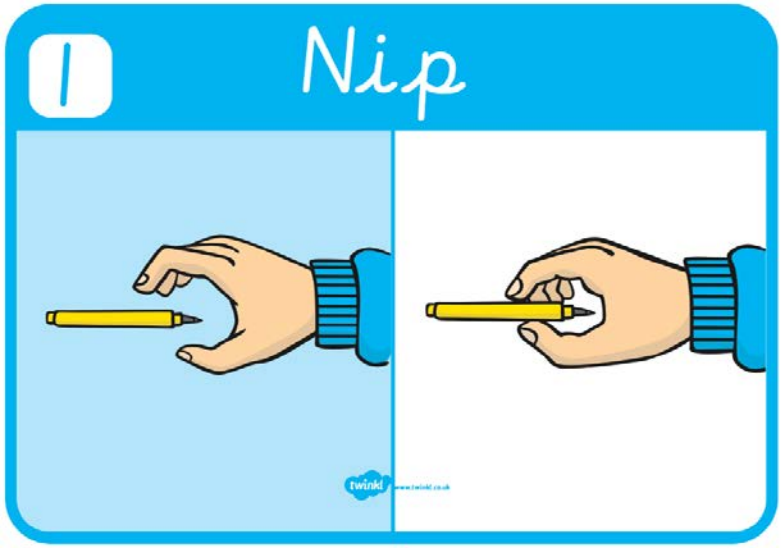
3 to 4 Years Old: Four-Finger Grasp

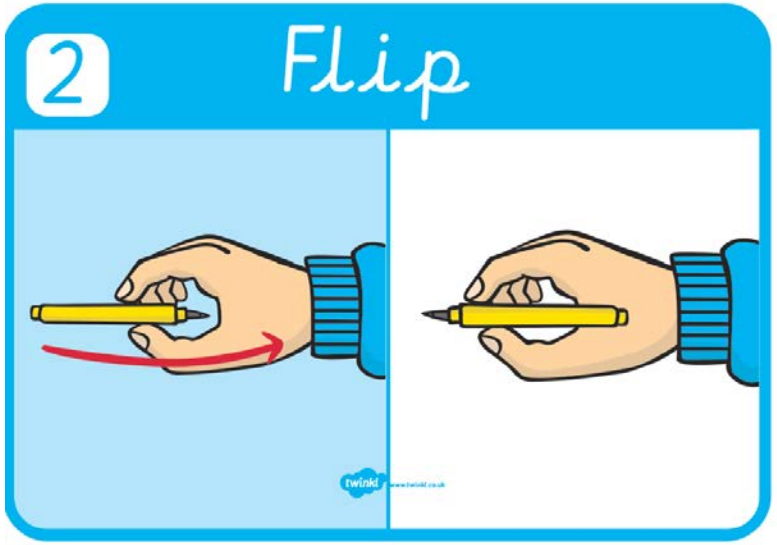
- Fingers are held on the pencil shaft opposite the thumb, beginning to form the arc between the thumb and index finger.
- Movement occurs from the wrist; the hand and fingers move as a whole unit.
- Zigzag lines, crossed lines and simple humans can be drawn with this grip.

4 to 6 Years Old: Static Tripod Grasp or Static Quadropod Grasp

- A three-finger grasp, where the thumb, index finger and middle finger work as one unit.
- Movement is usually from the wrist with this static grasp.
- A static quadropod grip has a fourth finger involved.
- Triangles, circles and squares can be copied with this grip.

Tips and tricks!





Have a go!

End of nursery expectations:-

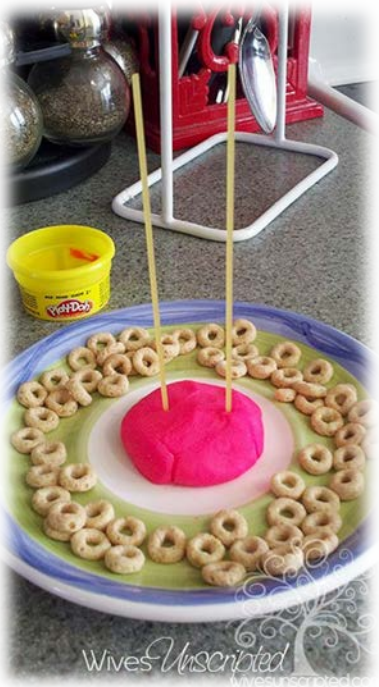
Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.

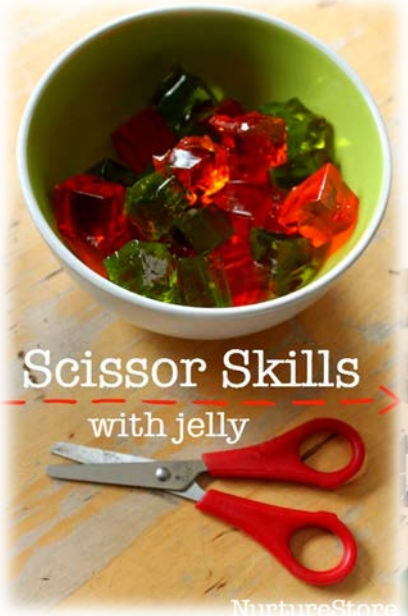
- Mounts stairs, steps or climbing equipment using alternate feet.
- Walks downstairs, two feet to each step while carrying a small object.
- Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.
- Can stand momentarily on one foot when shown.
- Can catch a large ball.
- Draws lines and circles using gross motor movements.
- Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.
- Holds pencil between thumb and two fingers, no longer using whole-hand grasp.
- Holds pencil near point between first two fingers and thumb and uses it with good control.
- Can copy some letters, e.g. letters from their name.

End of Reception expectations:-

Moving & Handling ELG - Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

Ideas for Home!





Any Questions?

Enjoy all the activities with your child!
Thank you for coming along today!