**Physical Development Training – Ravensbury Primary School Developmental Milestones Train the Trainer**

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| **Gross Motor Developmental Milestones 0-9 months** | **Fine Motor Developmental Milestones 0-9 months** |
| What should we expect to see?  | What can we do?  | What should we expect to see?  | Which leads to: | What can we do?  |
| **Head control** develops through early interaction, movement and tummy time* It’s closely linked to vision
* smooth eye tracking and visual focus
* Vestibular development
* Helps to strengthen the neck and back for sitting up
* Supports hand-eye and foot-eye co-ordination
* Supports with sociability and interaction, eye contact and nodding

**Trunk Control** develops through:* Playing with feet

Important for body awareness & proprioception too as we discover we’re connected to our feet!* Rolling – for trunk strength &

twisting (rotation), for trunk stability and vestibular development**Sitting**We don’t just mean sitting in a bouncer chair or car seat!Independent sitting = A stable base for activity Is important for:* Continued development of trunk stability, head control and strength
* Bilateral co-ordination
* Reciprocal movement
* Lengthening of flexor tendons in wrists
* Spatial and depth awareness
* Sequencing and organisation
* Motor planning to negotiate obstacles
* Proprioceptive and vestibular input
 | Hugely beneficial in the early weeks, months and years of life for the development of the central nervous system and ultimately our physical and sensory development.**Tummy time** helps develop the muscles needed for: * Sitting
* Crawling
* Walking
* Also the development of the vestibular, proprioceptive, tactile and visual systems.

**Tummy Time** is also not the be all and end all!* Can we have too much of a good thing!?
* Gross motor development requires much more variety than just this one position.
* Play needs to be balanced with other activities such as: side lying, vertical play and back play.

**Trunk control development in lying*** Encourage by putting bells / colourful socks on feet, kicking balloons or other bright toys on activity gyms, foot rhymes
* Encourage by moving toy to side so child turns head - help a little by pushing hips slightly
* Singing activities/ hands to feet activities
* Rolling from side to side and front to/ from back

**Trunk control development in sitting*** Encourage by supporting in sitting for short periods using less support as balance increases
* Once sitting independently, help child reach just out of their centre of gravity to help them develop balance and trunk control further.
* Show the child how to move into a sitting position by physically prompting them how to get up from lying to sitting

**Developing crawling*** Set up obstacle courses to go under and over rugs, cushions, through tunnels, tents or under furniture.
* Use different textures – bubble wrap, hessian, velvet, furry material, coarse carpet tiles, smooth lino, grass, fleece, corrugated paper, etc
 | **Fine motor skills develop from:** trunk to finger tips (proximodistal)**Grasp reflex** - evident at birth and triggered by placing something firmly in the palm of the hand**Finger play** – learning where the hands and fingers are, how they feel to move and beginning a spatial awareness * Palmar grasp – child grasps what’s placed in their hand - initially can’t look at it at same time as holding it so encourage by tapping hand - also drop toy and don’t notice.

 * Bilateral co-ordination– mastering holding two things at once is the start of being able to use both hands and starts through taking an object to the mouth using both hands together
 | * Good hand control for using tools such as pencils and scissors
* Development of hand eye co-ordination e.g. for throwing, catching, threading, using a knife and fork, etc.
* Grasp strength
* In hand manipulation for handwriting
* The ability to fasten zips and buttons or shoelaces
 | * Encourage hand awareness with bright colours (eg bright socks), crinkly mitts, bells on wrists
* Place rattles / toys in palm of hand
* Tap hand for child to look at the toy they’re holding
* Provide objects to bang together
* Hold bigger items 2 hands together
* Encourage taking objects to mouth
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