**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 |