**Physical Development Training – Ravensbury Primary School Developmental Milestones Train the Trainer February 2024**

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| **Readiness for school in the child’s ability to feed themselves, toilet themselves, dress themselves, play, learn** |
| **Preschool Year (YN) Gross Motor Developmental Milestones**  | **Preschool Year (YN) Fine Motor Developmental Milestones months** |
| What should we expect to see?  | What should we expect to see?  | What can we do?  |
| **Gross Motor Milestones**Sitting cross leggedPeddling a trike – pushing along on the floor first, then steering, then peddling. Early ball skills* Throwing a ball
* Catching a large ball
* Kicking a ball

**More Gross Motor Skills*** Increased strength, stamina, speed and independence
* Combining skills further eg walking and carrying
* Standing on one foot and hopping
* Alternate stepping on stairs
* Climbing with confidence
 | **Fine Motor Milestones*** Holds pencil in a tripod grasp.
* Copies pre-writing shapes and draws basic person with head, facial features, and limbs.
* Improved manipulation skills and fine motor control
* Using scissors
* Fastening zips and buttons
* Developed in their pencil skills to bestarting to try to write their name in their pre-school year.

**Skills needed for writing:*** Good posture and core stability
* Attention and motivation.
* Well-developed hand muscles (don’t force a nursery child into a tripod grip – develop all the hand muscles first
* Proprioception and tactile skills to support body awareness.
* Spatial awareness & other visual perceptual skills
* Appropriate handwriting pressure
* Appropriate pencil or writing implement
 | Activities to support Drawing, colouring in, tracing – aqua doodle, scratch art. * Constructional toys like Duplo
* Screwing nuts and bolts together
* Folding and tearing paper
* Using scissors to cut along lines.
* Gluing and sticking
* Painting – finger or with a brush
* Using tweezers or sprung pegs
* Hama beads
* Modelling / cutting playdough.
* Threading and sewing
* Opening packets
* Opening containers
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| **Feeding Milestones**What kind of things would we expect a child at this age to be doing in readiness for school dinner time?* Cutting up food – using a knife & fork
* Drinking from an open cup
* Pouring accurately
* Carrying a lunch tray
* Opening packaging / fruit
 | **Dressing Milestones**At this age, we expect children to have complete most aspects of dressing independently and now begin to explore more complex fine motor tasks such as buttons, clasps and fastenings.***Practice, practice, practice!*** | **Toileting Milestones**What would you expect from a child at this age in relation to INDEPENDENT toileting?* Climb on toilet independently without support.
* Adjust clothing and open clasps/ fastenings.
* Able to wipe themselves after toileting.
* Wash hands independently including using the soap dispenser and drying hands after
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| **Activities to Promote Feeding Independence** Practice using cutlery – knives and forks; with playdoughDrinking from an open cupPouring eg milk onto cereals, between beakers in the bathOpening packets / lunchbox / bottlesPushing a straw into drinks cartonsCarrying drinks, plates and traysClearing potsBaking, mud kitchens, sand and water play  | **Activities to Promote Dressing Independence** Play dress up.Practice using different fastenings and taking items over own head and pulling up trousers.Pull scrunchies or quoits on and off limbs.Brushing hair and putting in hairbands or bobbles | **Activities to Promote Toileting Independence** Practice retrieving scarves from the back of waist bands for wiping.Practice wiping surfaces to support the child’s grip. |
| ` **GM Moving** <https://www.gmmoving.co.uk/ways-to-keep-moving/moving-for-children>  |