**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 legged  Peddling 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 |
| **Activities to Promote Feeding Independence** Practice using cutlery – knives and forks; with playdough Drinking from an open cup Pouring eg milk onto cereals, between beakers in the bath Opening packets / lunchbox / bottles Pushing a straw into drinks cartons Carrying drinks, plates and trays Clearing pots  Baking, 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> | | |