**Physical Development Training – Ravensbury Primary School Skill Building Train the Trainer February 2024**

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|  **Skill Building** |
| **What is skill building?** By ‘Skill building’ we mean activities that combine, for example, gross motor skills, fine motor skills, body awareness, proprioception, visual perception…Think about the environment and how you could change the position to increase physical activity. Do children need to be sitting? Could they lie on their tummy? Kneel up in high kneeling? Stand? All of the activities we have discussed require physical and sensory skills. They are also dependant on the right support and encouragement to facilitate a child’s development |
| **Skill Building Activities** - a lot that don’t cost a penny and don’t need specialist equipment. Encourage parents to do these at home too:* Messy play/ Food play (In the bath or use a plastic sheet!)
* Dressing up
* Ball games (Make a sock ball if you’ve not got a ball)
* Animal walks (like a crab, a frog, a penguin)
* Climbing frames
* Making obstacle courses
* Musical statues / bumps
* Throwing, catching, kicking - doesn’t need to be a ball!
* Crawling into dens
* Simon Says…
* Wheelbarrow walks
* Action songs
* Simple crafts
* Construction play- pushing and pulling pieces together and apart, following instructions
* Posting coins into piggy bank (Use an old Pringles tube with a slot cut in the top or better still the side or paint a plastic bottle to use)
* Popping bubble wrap
* Mark making with different tools (sticks, broom handles, wands)
* Twister (*Proprioception, body awareness, balance, co-ordination, strength, trunk stability, tactile awareness, hand-eye co-ordination, wrist extension, listening skills, social skills, spatial skills, emotional regulation, taking turns, communication skills, etc)*
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| **Visual Perception Activities** * Puzzles Eye spy (use colours, shapes to find)
* Dot to dots Find the…..
* Mazes
* Obstacles courses
* Jigsaws
* Spot the difference
* Hide and seek
* Shape sorters
* Posting
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