

4 years plus

* Move with me *



PHYSICAL DEVELOPMENT TIPS

- Give your child small coins to post through a slot, kitchen tongs to pick up small objects, or a food baster to blow a ping-pong ball into a goal.
- When outside, encourage your child to carry buckets of sand, gravel, adult watering cans and push a wheelbarrow.
- Play tug of war games and go on wheelbarrow walks with your child.
- Play hopping and crawling races, or dance outside with scarves and streamers.
- Play Hop Scotch and create targets to throw balls at.
- At the park, encourage your child to put their tummy on a swing seat and swing.
- Make an obstacle course to go under, over, and through using things like boxes, duvets, cushion, air beds and tables.
- Play musical bumps and musical statues.
- Encourage your child to dress themselves, when you are not in a hurry.
- Encourage your child to help lay the table, empty the dishwasher, peg out the clothes and wash the car.
- Practice large arm movements by letting your child help with cooking, mixing, rolling pastry, icing, scooping and scraping out the bowl.
- Encourage your child to hang their head upside down from the edge of the sofa.

4 years
plus

"what I like"

- To challenge myself with only a little support.
- To push the boundaries and take risks.

"what I can do"

- Climb well.
- Jump on and off a low object.
- Adjust my speed and change direction to avoid objects while running.
- Throw, catch and kick a ball.
- Copy simple movements and simple constructions.
- Cut a circle.
- Draw simple, recognisable pictures.
- Dress myself most of the time, for instance put on my own coat and do up the zip.
- Use a knife and fork.
- Hold my own weight using my arms.



* **Did**
you know?

Children at this age should be active daily for at least three hours, spread throughout the day.

This leaflet is from a series of seven, each leaflet covers a different age range, from birth to four years plus. Children develop at their own rates and in their own ways. The ages are suggestions of typical ranges of development. If you have any concerns about your child's physical development, speak to your GP, health visitor, or someone at your Sure Start Children's Centre.

You can find all the leaflets and links to other useful websites online at

www.surreycc.gov.uk/earlylearning 



Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP

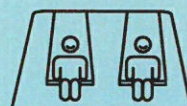


DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts



PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



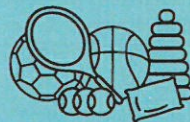
SKIP



OBJECT PLAY



DANCE



GAMES



PLAY



TUMMY TIME



SWIM



WALK



SCOOT



BIKE

Move more. Sit less. Play together

