**Larky Challenge-Physical Development**

The challenge for the next two weeks is connected to one of the three prime areas of learning in the Early Years Foundation Stage-Physical Development. In this challenge we are focusing on ‘moving and handling’, particularly the development of the movement and muscle control needed for writing. We have made all the children a small ball of playdough (and attached the recipe if you would like to make more!) manipulating the playdough can help the children develop the physical skills that they need for writing. We would like you to spend some time with your child playing with their dough (you could even have a go at dough disco <http://www.youtube.com/watch?v=i-IfzeG1aC4>. When modeling with the dough encourage your child to stand rather than sit (you will notice we have moved the chairs away from the dough and playdough table at nursery) standing helps the children to develop their balance and to use their whole arm as they manipulate the dough.

Other physical activities will support your child to develop the physical skills necessary for writing so encourage them to use big movements- using water and a big paint brush on a wall, climbing and hanging from monkey bars, digging in sand or soil, throwing and catching). Remember as your child is developing their physical skills their writing will be big as they will move their pencil from their shoulder at first, then from their wrist and finally using their fingers so give them big paper! To develop smaller movements you could try threading, sewing, playing a fishing game or using small construction kits. I have included some links to further information about physical development at the bottom of this letter, if you would like to know more please ask.



We would love to hear about what you and your child have been doing, you can send us a postcard using Orbit (if you are not registered on Orbit yet please speak to Cath who will make sure you receive an e-mail invitation) or e-mail photographs to:

[catherine.evans@larkhill-nur.stockport.sch.uk](mailto:catherine.evans@larkhill-nur.stockport.sch.uk) or

[headteacher@larkhill-nur.stockport.sch.uk](mailto:headteacher@larkhill-nur.stockport.sch.uk)

Thank-you

Cath

Cath Evans-Deputy Head

**Further Information** (this letter will be added to the parents section of our website so that you can follow the links directly!)

This is a link to a blog written by a former head teacher with a particular interest in the writing

<http://abcdoes.typepad.com/abc-does-a-blog/2013/09/a-week-of-dough-gym.html>

These two links are information for parents provided by occupational therapists-the first gives information about ‘typical development’ and the second some ideas of things that help children develop muscle strength in their hands.

<http://www.occupationaltherapychildren.com.au/blog/parents-pencil-grasp-gripping-guide/>

<http://www.rch.org.au/uploadedFiles/Main/Content/ot/InfoSheet_E.pdf>