

Gross and Fine Motor Development



What are Gross motor skills?

- *The abilities required to control the large muscles of the body
- *The larger movements of the arms, legs, feet or entire body
- *Walking, running, sitting, crawling etc



What are fine motor skills?

- *Directly linked to gross motor skills
- *Smaller actions for example picking up or grasping an object
- *Usually develop alongside gross motor skills



Why are they so important?

- ▶ Gross and fine motor skills form an important part of the EYFS curriculum-Physical Development
- ▶ Physical Development is a prime area
- ▶ Children are assessed against this at the beginning and end of the foundation year
- ▶ These skills are crucial if children are to succeed at school- links to all areas of the curriculum

Meaningful Movement

- ▶ Children are assessed on entry to establish their level of Physical development
- ▶ Have a go at some of the exercises that children struggled with!
- ▶ How you can help at home.



Fine motor skills

- ▶ Good posture
- ▶ Core stability and balance
- ▶ Hand strength
- ▶ Dexterity
- ▶ Flexibility
- ▶ Finger isolation



Research shows boys often develop slower than girls. Research also shows that using remote controls, hand held devices and tablets does not improve fine motor control.

Good posture is crucial



What activities require fine motor control?

- ▶ Independence skills e.g. doing up zips, buttons, dressing, shoes
- ▶ Using cutlery
- ▶ Throwing and catching
- ▶ Manipulating objects
- ▶ Holding and using effectively pencils, paintbrushes, glue spreaders
- ▶ Safely using scissors
- ▶ Handwriting-L to R, top to bottom, anti clockwise circles, handwriting patter



How can we develop gross and fine motor control?

- ▶ PE sessions- inside and out
- ▶ Free flow activities
- ▶ Fine motor packs
- ▶ Meaningful movement exercises
- ▶ Planned activities
- ▶ Staying active and taking a few risks- climb a tree!



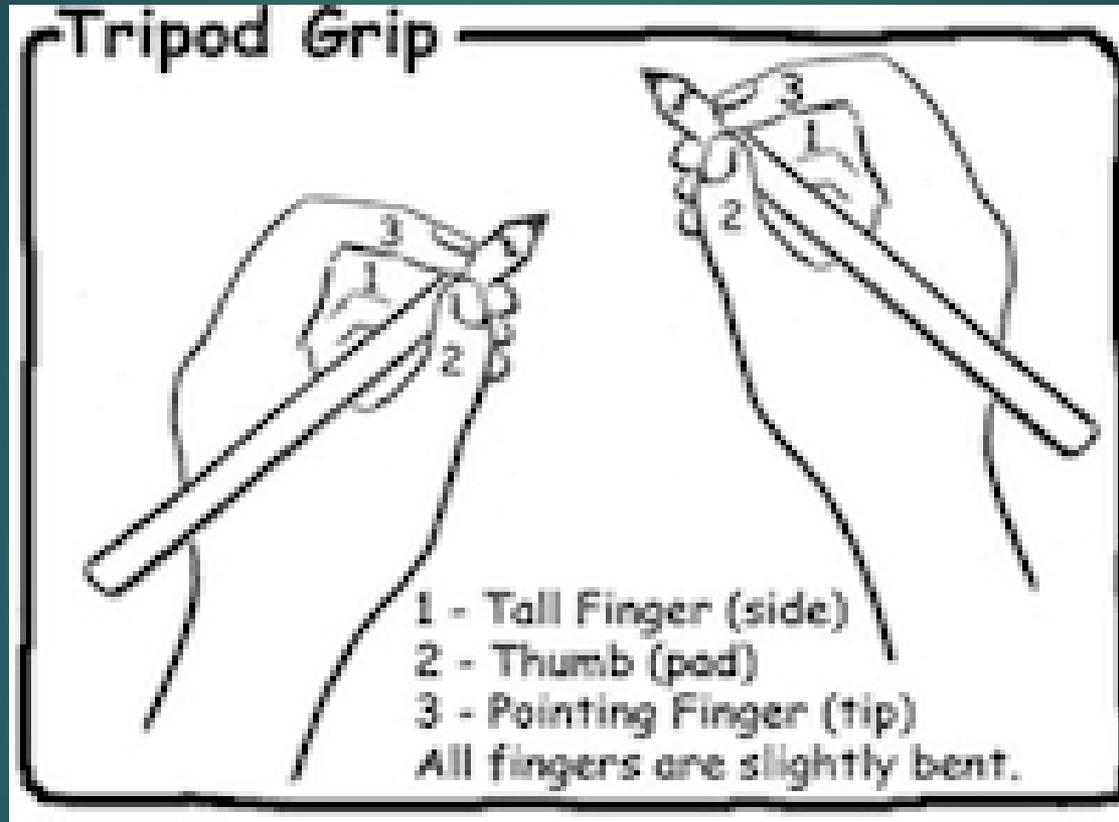
Dough disco!

Once a week we have a focused morning with lots of activities to develop fine motor control and letter formation.

We do a variety of warm ups including rolling car tyres, ribbon sticks and dough disco!



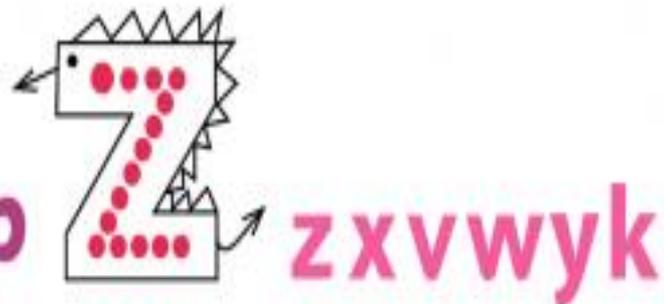
Correct pencil grip



Handwriting Patter

- ▶ To help the children form their letters correctly we use a handwriting patter. As we write the letters we say the patter to help embed the correct formation.
- ▶ Fine motor activities help children to remember that letters are formed top to bottom and using anti clockwise circles.
- ▶ Letters are grouped into groups to help children remember their formation.

Letter families



*Any questions?
Lets get busy!*

