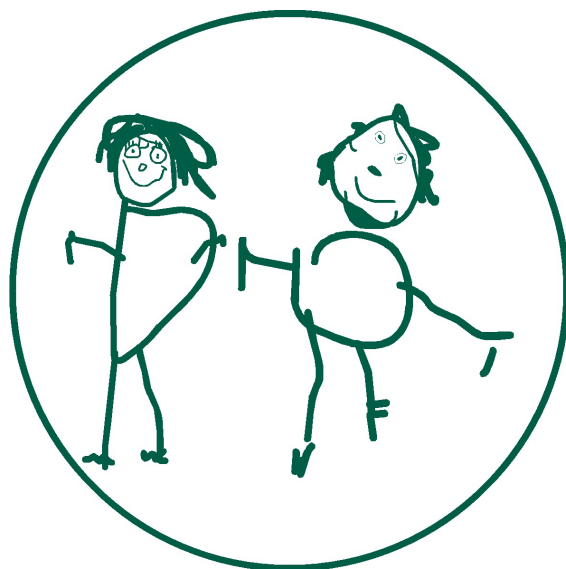


Douglas Valley Nursery School

Preparing for Pre school

Working in Partnerships with Parents



Douglas Valley Nursery School

Developing Physical Skills.

The importance of developing physical skills.

What are Physical skills?

Moving and Handling

It is important that your child develops good manipulative skills and can co-ordinate and control their body.

Developing fine manipulative skills and hand eye coordination is an early writing skill as well as a life skill used on a daily basis.

However, first your child needs to develop large, gross motor skills to have an awareness of their body, control their movements and strength, as well as improving their health and physical well being.

At Nursery we provide playful activities to develop strong and steady arm and hand muscles.

For example when using large equipment outside such as climbing swinging and throwing balls.

Playing with the parachute is also a fun way to develop upper body strength.

To develop fine manipulative control and co-ordination when using hands and fingers we encourage children to:

- Draw
- Paint
- Glue and stick
- Cut
- Thread beads
- Play in the sand and water
- Explore messy play
- Use malleable materials
- Build and construct.

Examples of the resources we use are:

- HANDS!
- Scissors
- Brushes
- Sticky tape
- Crayons
- Pencils
- Tweezers
- Bricks and construction toys
- Playdough

Young children need upper body strength and fine manipulative skills along with good visual skills to enable them to draw representational pictures and become successful writers.

Health and self care.

Our expectation is that your child will be using the toilet, maybe sometimes needing support, as they start pre school. We ask that you do not bring your child into school wearing nappies or pull-ups. Your child's key person will support their development and co-operate with you to help your child settle into Nursery and self care routines.

Please see attached leaflet and talk to your child's key person if you have any concerns or worries



We are a healthy school and operate a snack bar for children to learn how to be hygienic, prepare food and access the snack bar independently as well as understanding about healthy food choices. The children are provided with milk or water to drink and there is always a fruit or vegetable option to choose from.

The children also learn about the importance of hydration and drinking water.

Fresh water is always available.



Developing skills of moving and handling

We will be teaching your children how to:

- Move around in lots of different ways, such as running, walking, skipping etc.
- Run around, stopping, changing direction and slowing down so that they don't bump into things.
- Balance on 1 foot.
- Catch a large ball.
- Use scissors to make snips in paper.
- Make lines and marks with a pencil or writing tool.
- Draw a face and observational drawings beginning to attempt to write some of the letters in their name.

Developing children's self care skills and knowledge of healthy lifestyles.

We will be teaching your children how to:

- Communicate their needs, let us know if they are hungry or thirsty or need help.
- Notice that when they run they get hot and a bit out of breath.
- Understand how to use scissors to snip or knives to spread jam safely.
- Remember to go to the toilet in time and attempt to wipe themselves.
- Wash and dry their own hands.
- Put on their own wellies!
- Attempt to dress themselves.

How you can support learning at home

- Let your child practice using children's scissors to cut dough, cooked spaghetti or paper.
- Make an obstacle course in the park or garden where they have to run around benches or chairs, crawl under a blanket and crawl through a cardboard box.
- Be confident and support your child to wear underwear and use the toilet independently.
- Prepare healthy snacks together

Banana Milkshake (serves 1-2)

Ingredients:

1 large banana



2 tablespoons of natural yogurt



250 ml. Chilled milk



1 teaspoon of honey



Method:

1. Chop the banana.
2. Put all the ingredients into a blender.
3. Blend the ingredients until smooth.
4. Pour into glasses and enjoy.



**What do you want to tell us about your child's physical development ?
Name of Child:**

Moving and handling

Can your child:

Move around in lots of different ways, such as running, walking, skipping etc.

YES/NO

Balance on 1 foot. **YES/NO**

Catch a large ball. **YES/NO**

Use scissors to make snips in paper. **YES/NO**

Make lines and marks with a pencil or writing tool. **YES/NO**

Draw a face? **YES/NO**

Make letter like shapes or copy and attempt to write some of the letters out of their name? **YES/NO**

Health and self care

Can your child:

Communicate their needs if they are hungry, thirsty or need the toilet? **YES/NO**

Remember to go to the toilet in time and attempt to wipe themselves? **YES/NO**

Wash and dry their own hands? **YES/NO**

Put on their own wellies? **YES/NO**

Is there anything else you would like to tell us about your child's physical skills?

Please give to your child's key person.
Thank you - we value your contribution.