

# Welcome to Nursery Family Learning

Gross and fine motor skills

We use motor skills from the moment we are born. They are defined as a person's ability to **move** and be **aware** of parts of their body. To do this, we need to work on brain development AND muscle strength.

Both these areas of development are needed to enhance and strengthen our **gross** motor and **fine** motor skills.

Fine – small movements  
e.g. holding and controlling  
a pencil.

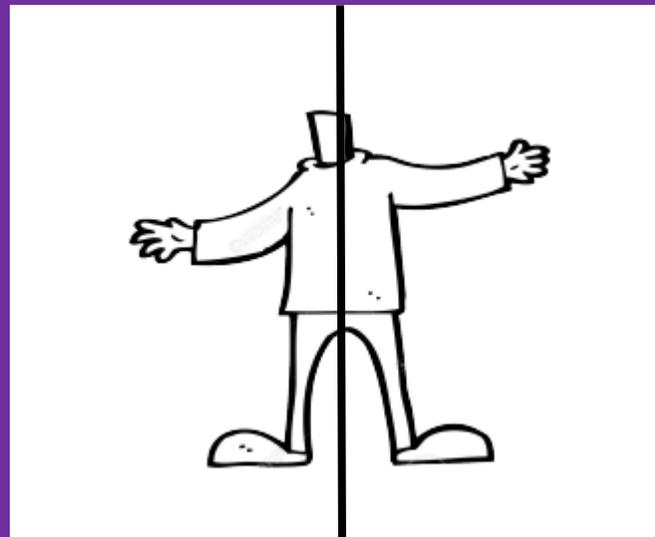
Gross – big movements  
e.g. running around the  
playground or twirling a hoop.

Our brain controls the way our body moves.

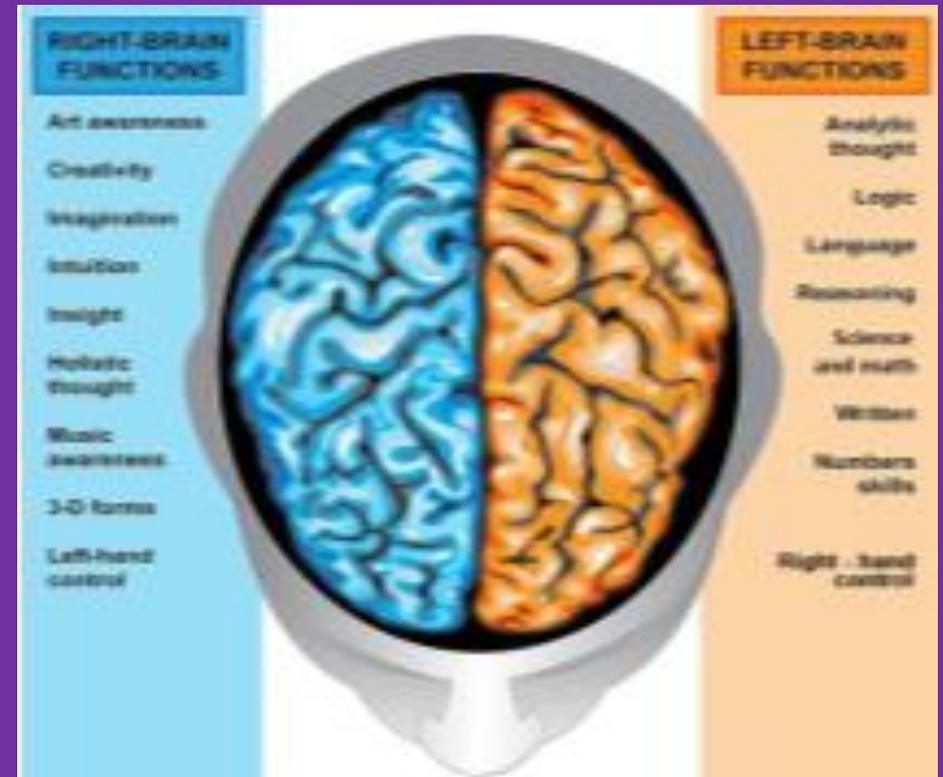
The left side of the brain controls the right side of the body.

The right side of the brain controls the left side of the body.

Being able to 'cross the midline' indicates that both sides of the brain are communicating and are able to work together.



'midline'



Gross motor skills begin to develop straight after birth. The body needs to build up its strength in order to follow the instructions sent by the brain.

Throwing a ball across the body.

Sport

Tapping your head and tummy at the same time.

Tapping opposite leg with hand.

Ribbon dancing across the body.

All of these activities require good hand-eye coordination, spatial awareness, an ability to stretch and free movement of the limbs. If we find any areas challenging it will likely mean that we will struggle with our fine motor skills.

# What could this look like at home and in school ?

A good way to enhance gross motor skills is to think of **big** movements.

Climbing frames



Crawling



Hopscotch



# What could this look like at home and in school ?

Riding a bike



Moving through, around and over obstacles.



Riding a scooter



Fine motor skills are the small movements our bodies make.

Cutting

Painting with cotton buds

Holding a pencil correctly and applying pressure.

Watering plants with a squeeze bottles

Threading and weaving

Squeezing stress balls

# Perfect Pen Grip

The Happy Handwriter®  
The right way the first time!®

## Pencil Grip Development

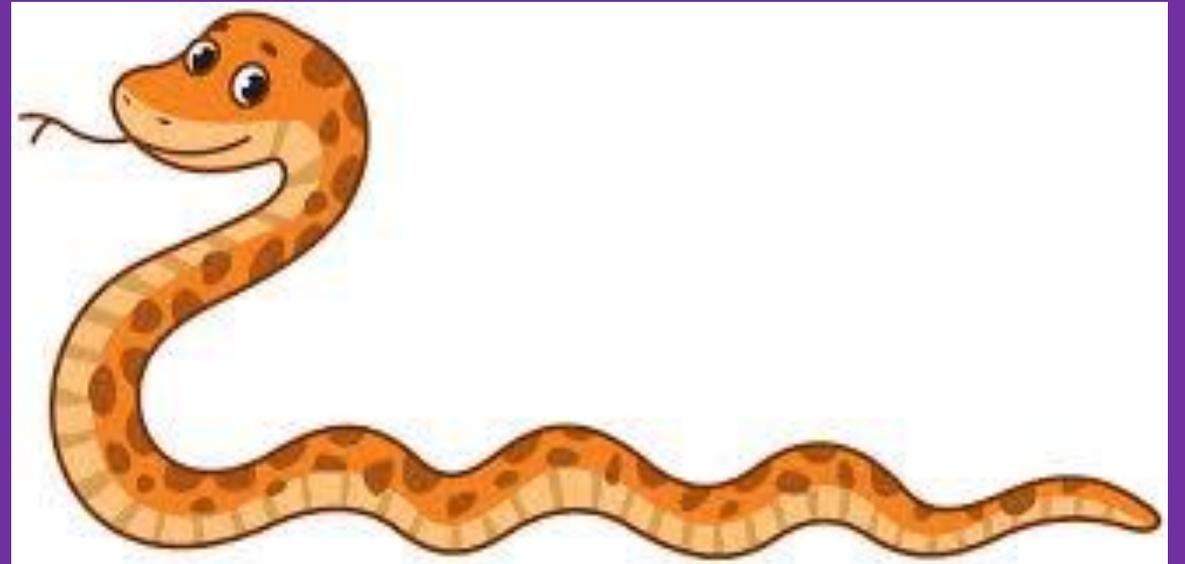


1 Palmar-Supinate Grasp

2 Digital-Pronate Grasp

3 Static Tripod Posture

4 Dynamic Tripod Posture



“Find your snake’s tongue.”

What could this look like at home and in school ?

## Dough Disco

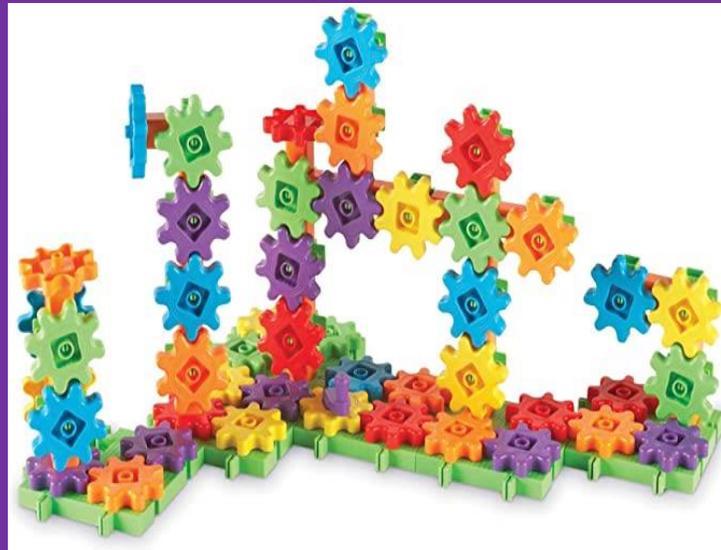
<https://www.youtube.com/watch?v=i-IfzeG1aC4>

Please find a  
great playdough  
recipe at the  
end of the  
slides.



What could this look like at home and in school ?

## Building

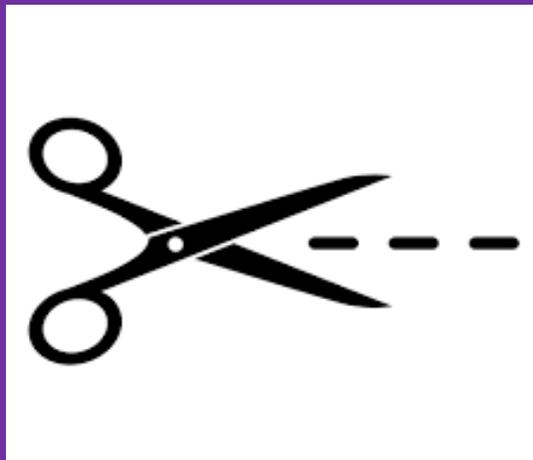


Building of any kind is a great activity for building up children's finger and wrist muscles. Often the most fun building activities are those that are home-made. For example, constructing models using straws or pipe cleaners and playdough.

What could this look like at home and in school ?

## Cutting

Please ensure this activity is always supervised by an adult and provide child-friendly scissors.



### Teaching points:

- ❖ When cutting, children should always be sitting down with their back against the chair and their two feet on the floor.
- ❖ Scissor hold- make sure their thumb is at the top.
- ❖ Practising the movement of pushing down and pulling apart the scissors without any cutting materials.
- ❖ Safely and firmly holding the piece of paper with the other hand.

What could this look like at home and in school ?

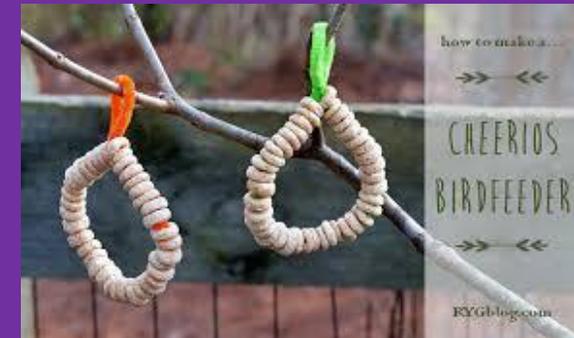
## Tweezers and squeezey tools



What could this look like at home and in school ?

## Threading

Please ensure this activity is always supervised and that the beads are safe for children who are aged 3 and over.



# Playdough Recipe

## You need:

2 cups plain flour (all purpose)

2 tablespoons vegetable oil

1/2 cup salt

2 tablespoons cream of tartar

1.5 cups boiling water (adding in increments until it feels just right)

Food colouring (optional)

Few drops of glycerine (optional- adds more shine!)

## Method:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl

Add food colouring to the boiling water then into the dry ingredients

Stir continuously until it becomes a sticky, combined dough

Add the glycerine (optional)

Allow it to cool down then take it out of the bowl and knead it for a couple of minutes until all of the stickiness has gone. (This is the most important part of the process, so keep at it until it's the perfect consistency!)

(If it remains a little sticky then add a touch more flour until just right)

Thank you for listening and for your ongoing commitment to your child's learning.

If you have any questions please do not hesitate to email the office who will forward your queries onto me.

Office email: [office@wandsworth.floreat.org.uk](mailto:office@wandsworth.floreat.org.uk)

# Nightingale Classroom

On the next few slides there are some photos of our learning environment to help with separating from our families in the morning and to show you where your children learn each day.

# Nightingale Classroom



# Nightingale Classroom



# Nightingale Classroom

