

# FINE MOTOR SKILLS



**Parents in partnership workshop  
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# LINKS TO EARLY YEARS CURRICULUM

PHYSICAL DEVELOPMENT IS ONE OF THE PRIME AREAS OF LEARNING

**Gross motor skills** are the skills we use to move our bodies. We learn all sorts of skills like running, jumping, throwing, catching and balancing.

**Fine motor skills** are about the small muscle movements in the fingers, hands and forearms. Developing fine motor skills helps children do things like **eating, writing, manipulating objects and getting dressed.**

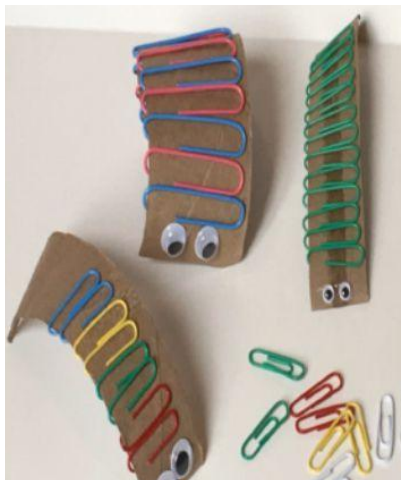
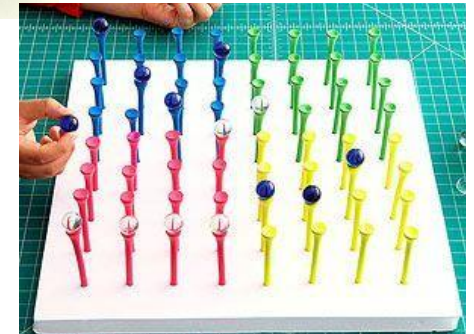
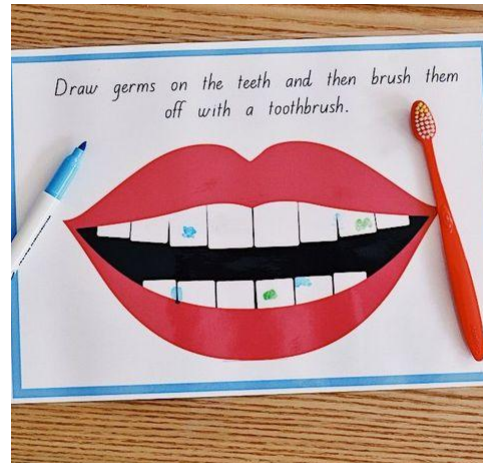


# Gross Motor Skills Activities





# Fine Motor Skills Activities



# Fine motor skills

## **Children in Nursery will be learning to:**

- use one handed tools and equipment,for example making snips in paper with scissors
- use a comfortable grip with good control when holding pens and pencils
- be increasingly independent as they get dressed and undressed,for example,putting coats on and doing up zips

## **Children in Reception will be learning to:**

- use a range of small tools independently,safely and confidently e.g. pencils for drawing and writing , paintbrushes , scissors, knives, forks and spoons.
- show accuracy and care when drawing
- hold a pencil effectively in preparation for fluent writing - using a tripod grip in almost all cases

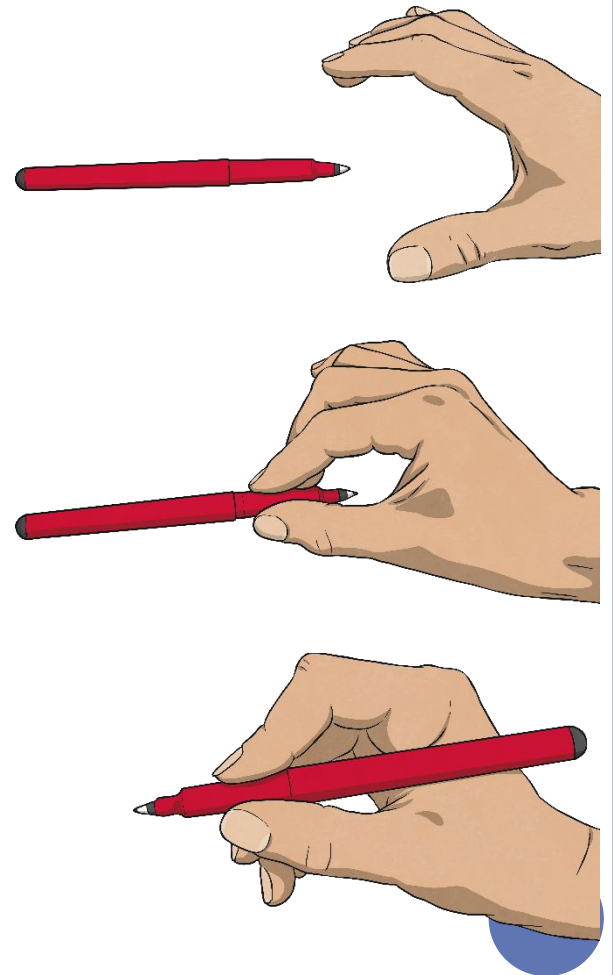


# Pencil Skills

We need to learn some important things to be able to write properly. These include:

- sit up properly at a table;
- hold a pencil correctly;
- work out if you are right or left handed.

You might find this tip helpful:  
**Nip, Flip, Grip!**



# How to support your child's fine motor skills at home



1. Play-dough
2. Puzzles
3. Drawing ,colouring , painting
4. Cooking
5. Cutting with scissors
6. Bath time play with sponges or squeaky rubber toys to squeeze.
7. Sand play -using cups ,spoons etc.
8. Build with blocks and Lego
9. Threading and lacing -thread different size pasta or beads onto strings, laces and pipe cleaners.
10. Encourage children to get dressed and undressed independently e.g. putting coats and doing up zips

