

4+ Small Physical Skills at Assessments

Almost all assessments include an opportunity to build. Provide opportunities at home to build and balance using various construction toys. They may be asked to build something specific e.g. a castle.



Playdough is often provided during an assessment. Start by making the playdough together. Manipulating the dough by squashing squeezing and pulling it, all help develop muscles in their fingers, which is a pre-requisite to writing. They might be asked to create something specific e.g. a bug or a shape.

Using scissors can be a difficult skill to master, but is often used to assess fine motor capabilities. Start with plastic scissors in playdough. Show how to hold them correctly. Progress to cutting along straight & wiggly lines and even shapes.



As dexterity and fine motor skills are a pre-requisite to writing, children are often presented with threading activities to assess their ability. Practise by threading pipe cleaners through grills and putting Cheerios onto uncooked spaghetti. More ideas are available in the Physical Development Star.

