



Bright
Little Stars
Nursery

SUPERNOVA

PHYSICAL DEVELOPMENT





Balancing

Take opportunities out and about, on walks and in the park, for your child to master the art of balance. Try starting with walking along a chalk line on the floor, before moving on to tree trunks and balancing beams.

Riding

Developing skills at riding trikes, scooters and bikes is important from a young age. Balance bikes are particularly recommended.



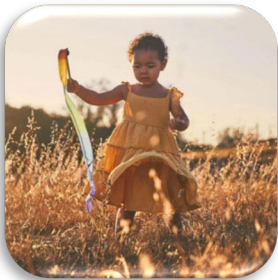
Steps, Stairs and Ladders

Take all opportunities for your little one to walk up and down stairs independently, using alternate feet. Teach them to hold the rails and take their time. Ladders not only support leg development, but also upper arm strength. A pre-requisite for writing. Encourage them to hold their body weight & hang.



Skip, hop and balance.

It may sound easy, but these are actually hard to master. Songs that include these actions are a good way to support them in developing these skills. Musical statues is a good tool here too, asking them to stop and stand on 1 leg.



Flags & Streamers

Having fun waving flags and streamers is a helpful way to use their large-muscle movements. Outside in the wind or inside dancing to music.

Mark Making

Using large-muscle skills to mark make is a pre-cursor to small-muscle writing skills. This can be achieved using big paint rollers and/or brushes with water outside on the ground or on garden fences. 'Painting' can be made even more exciting by using kitchen utensils instead of conventional brushes.





Coats

Teach your child to put their coat on independently by laying it on the floor, upside down in front of them, they put their arms in and then flip it over their head. Follow this up by showing them how to turn their sleeves back from being inside out.

Shoes

Make it as easy as possible by providing them with Velcro shoes. Buckles and shoelaces will come much later. Talk them through the process and explain where they need to hold the heel of the shoe at the back when pushing their feet in.



Clothes

Provide your child with clothes they can manage with ease at first. Their BLS uniform is specifically designed for this. Items that can be pulled up and down and not too many zips and buttons.

Zips

Start by helping join the zip at the bottom and then allow them to zip it up for themselves. Give them opportunities to try attaching it at the bottom and allow some level of frustration before helping them. It's a hard skill to master!



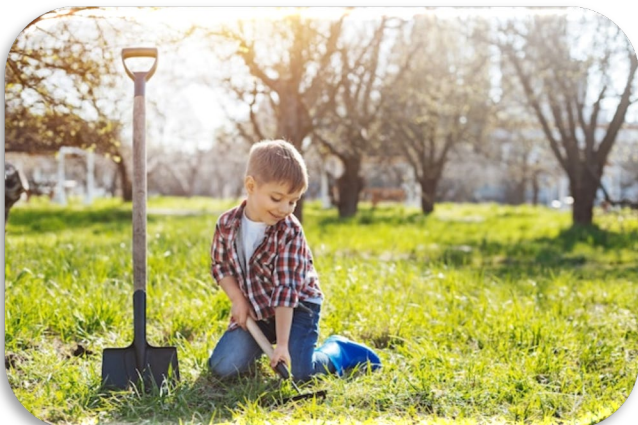


Choice of Movement

Allow your child to make the choice of how to move e.g. will they walk, run or crawl over something. Can they try all three?

Choice of Resources

Support your child in making their own choices of resources for activities. E.g. What can we use to make the hole deeper? What can we use to carry the water?



Working things out

During a building or other project - encourage your child to come up with solutions when they might be struggling with a task. Collaborate with their suggestions, rather than providing your own and/or knowing it may not work.

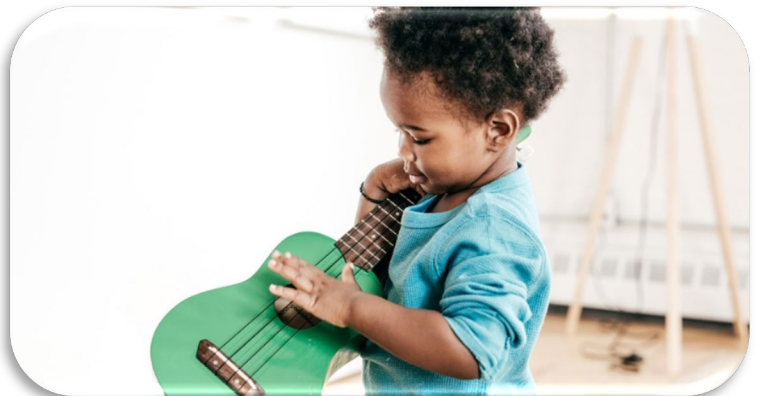


Music

Expose your child to all types of music. Really 'listen', as opposed to background noise. Include classical, pop, country music etc. Talk to them about the differences and how the music makes you feel.

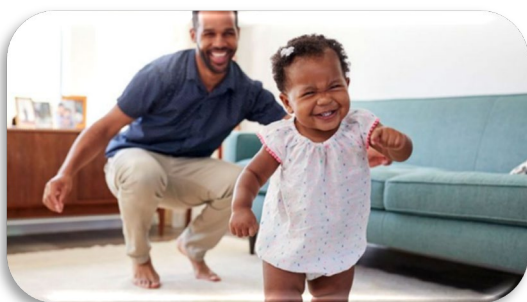
Make Music

Make music together with real or home-made instruments and really focus on the rhythm. Make a pattern for your child to repeat. Don't forget body percussion too - clapping, stamping etc.



Dance

Dance with your child. Make up a pattern or sequence and ask them to remember it and copy you. Ask them to make up a pattern and then repeat it for you.



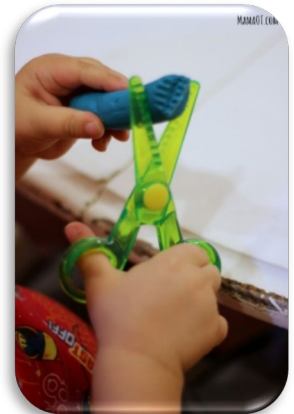


Dominant Hand

Allow your child to choose their dominant hand by themselves. Rather than putting scissors, pens, paint brushes etc. into their hand, allow them to pick them up themselves. They may alternate for a while, or use both, but will eventually choose for themselves.

Scissor Skills

Begin with plastic scissors and playdough for a 'no-risk' start. Move on to making snips in paper or interesting objects such as leaves. Have both left and right-handed scissors until they have chosen their dominant hand. Drawing a smiley face on their thumb or thumb nail, helps in supporting the correct hold. They should be able to see the 'face' when they are snipping.



Pen Grip

Before children even hold a pencil, they need the dexterity to do so. This is accomplished by first building their large muscles, before moving on to fine motor support, such as squeezing sponges, threading beads and spraying water bottles. This will then lead to being able to hold a pencil comfortably.





Step 2

Controlling Hands

e.g. cutting up food, squeezing sponges & playdough, Duplo and Lego.



Step 1

Arms & Shoulders

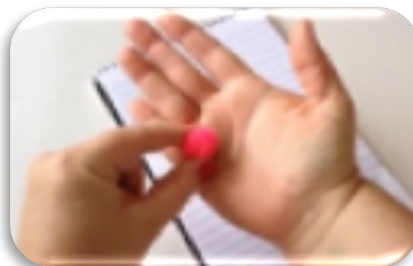
e.g. crawling through tunnels (or even a cardboard box), carrying buckets of sand, hanging from play equipment, push along toys and holding the plank position.



Step 3

Dexterity

e.g. buttons, zips, threading beads, using tweezers, pegs, keys in locks, zip lock bags and spray bottles.



Step 4

Holding a Writing Tool

Make a tripod shape with the thumb & 2 fingers with the pencil resting on the soft bit between the thumb & forefinger. Ask them to hold a small item with the last 2 fingers will facilitate this.