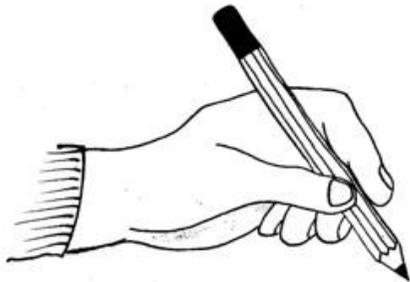


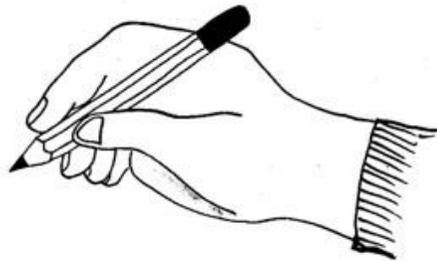
Once little hands are strong enough, it is important to learn to use the correct pencil grip from the start. This encourages legibility, flow, speed and endurance.

Correct Pencil Grip

*Visual of Pencil Grip
Left-Handed*



*Visual of Pencil Grip
Right-Handed*



Our aim at Surrey Hills is to develop happy, confident children who have the necessary skills to learn and be the best they can be!



Ideas to develop your child's Fine and Gross motor skills in preparation for Reception at Surrey Hills.



What are gross and fine motor skills?

Gross motor skills are broad movements related to large muscles. They involve movements of the legs, arms, and whole body.

Fine motor skills are movements involving smaller muscles such as those in the fingers and wrist as well as the lips and tongue.

Why are they important?

Mastering gross motor skills promotes self-esteem, confidence and independence. Developed gross motor skills encourage participation in sport which helps to promote a healthy lifestyle. A good grasp of gross motor skills helps develop more complex fine motor skills.

Fine motor skills involve smaller actions which demand a higher degree of control and precision. It is important to develop strength in the hands which then enables your child to hold a pencil and use scissors correctly.

Ideas to help develop Gross motor skills.

These skills are acquired through any form of active play. Any activity which helps to develop fitness, agility, balance, co-ordination, power, reaction time and speed will also enhance gross motor skills. The list is endless.

Some examples include:



*Running, Jumping and hopping
Swimming
Dancing, Gym and keep fit
Climbing frames/trees
Swings and Slides
Stretching and hanging
Building camps
Throwing and catching
Kicking and hitting a ball
Hop-scotch
Balancing
Digging, Raking and sweeping
Painting
Trampolining
Scootering /Riding
... and even sitting up straight!*

Ideas to help develop Fine motor skills.

Developing grip and dexterity in the Early Years is hugely important to your child's progress. This includes tongue twisters that help your child with their phonics!

Examples include:

Finger painting
Cutting and snipping
Sorting buttons/shells etc
Popping bubble wrap
Shaving cream play
Cooking/kneading
Painting with cotton buds
Tweezers pincer grip
Mark making chalk/crayon
Mini beast hunts

Play dough
Sticking with tape and glue
Lego/Duplo
Threading pasta/beads etc
Sand play
Scrunching
Weaving and knots
Elastic bands
Junk modelling
Pasta/cheerio necklaces etc

