

Top Tips for Practising

# Strength and Movement Skills

(Ages 4 - 5)

# Strength and Movement for Ages 4 to 5

There are lots of practical and easy ways that you can encourage your child to practise and develop their strength and physical ability every day.

With children aged four to five, you could work on **fine motor skills** (movements that require small muscle groups like holding a pen or using a pinching grip) or **gross motor skills** (movements that require large muscle groups like running, jumping, kicking or skipping). These top tips are here to give you some ideas on how you could do this.

This is not a checklist - it is here to guide you and your child in a **fun and beneficial** way.

## Quick Ways to Encourage Strength and Movement:



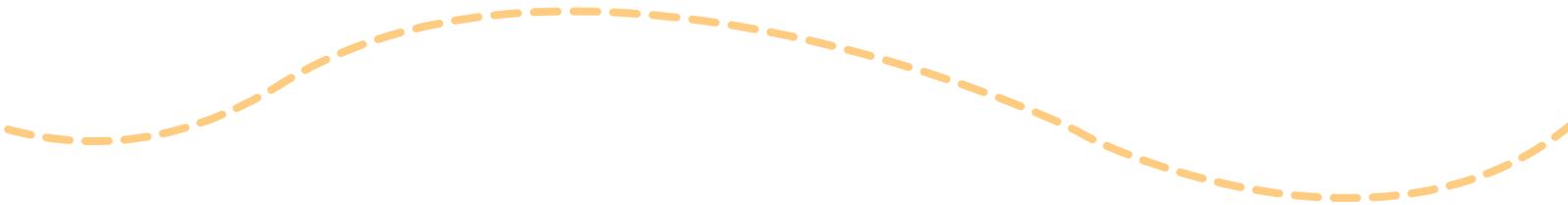
Play ball games, both throwing and kicking.



Do lots of colouring-in to develop pencil control.



Encourage free play in the great outdoors that includes running, climbing play equipment or jumping in muddy puddles.



Over 2020 and 2021, a new Early Years Foundation Stage curriculum (or framework) was released and has become statutory for all nurseries and reception classes. These guides, though based on some of the milestones laid out by that new framework, are designed as general guidance and not a solid indication of what is taught in a formal school setting.

For more information about the new framework reforms (introduced 2021), you can use these resources:

- [New EYFS Reforms Parent and Carer Information Sheet](#)
- [Development Matters 2021 \(Official Document\)](#)
- [EYFS Statements Summarised](#)

You can also find tips and guidance for other skills or ages in our [Parent Guides](#) category.

# Some Everyday Activities to Support Your Child:

<b>Key</b>	
<b>Fine motor skills</b>	
<b>Gross motor skills</b>	

Practise scissor control by cutting lots of shapes out of magazines.

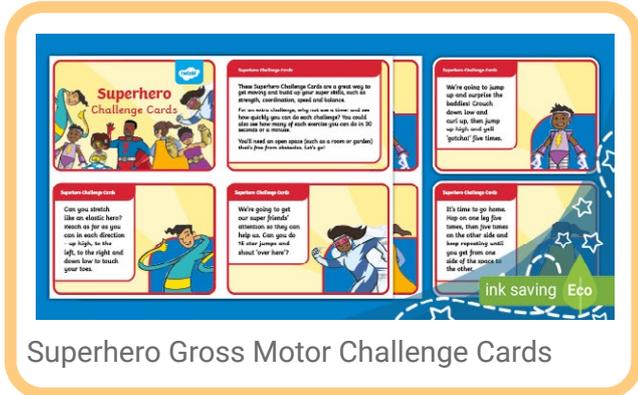
Play team sports like football, tennis or hockey. If you don't have a large group, play one on one.



Nursery Rhyme Colouring Sheets Pack

Make obstacle courses around the house or at the park using stable furniture and/or pillows.

Make jewellery by threading beads on string or pipe cleaners.



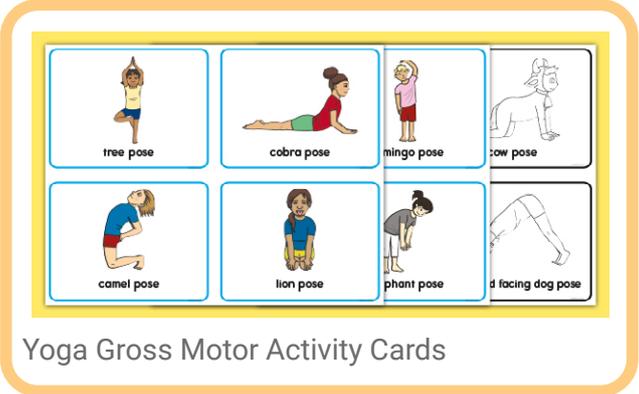
Superhero Gross Motor Challenge Cards



Fine Motor Skills Activity Cards

Practise a pinching movement by using pegs to hang clothes or art work.

Sing songs that involve movements (e.g. 'Wheels on the Bus' or 'Incy Wincy Spider')



Yoga Gross Motor Activity Cards

Play with a skipping rope.

Make daisy chains (with an adult's help if needed).