

Helping at home:

Physical:

- Dressing and undressing independently
- Throwing and Catching - large balls, small balls, beanbags
- Developing the co-ordination for hopping and skipping steps
- Holding a pencil correctly and developing control through first scribbling and then drawing etc. Making marks with paintbrushes and paint, with big brushes and water outside, chalking outdoors etc
- Use scissors to help with developing co-ordination and control.