

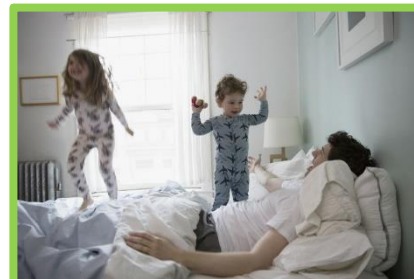
Physical Development



Moving & Handling

Large Motor Skills

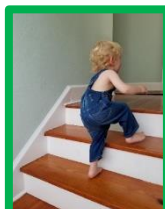
If you watch your child playing they are enormously busy and very active. They run about, jump, skip, climb and seem to have boundless energy. All this activity is moving their large muscles to develop their gross motor skills and supporting your child with this can also be lots of fun for you! Please see Handy Hints on 'Being Active'.



Take a ball in the garden or to the park to allow your child to kick, throw and eventually catch. All of these movements help to strengthen large muscle groups.

Jumping - the bed provides a nice soft landing, or you could get outside and get muddy!

Pop on some lively music and dance with your child



Allow your child safe opportunities to climb, they love to push boundaries and see what their bodies can do

A natural thing for your child to do is roll; it's fun, free and you can also join in!

Practicing different ways of moving, such as balancing, hopping, running, stretching and bending