

3-4 year olds

"what I like"

- To run, jump, skip, hop and climb outdoors.

"what I can do"

- Climb up and jump off a low object.
- Negotiate space successfully when playing chase and stop games.
- Respond to music by moving my body rhythmically.
- Catch and kick a large ball.
- Cut along a line.
- Draw horizontal and vertical lines and a circle.
- Put most of my clothes on myself.
- Use a tissue to wipe my nose.
- Wash my own hands with soap and dry them myself without help.
- Feed myself with a spoon and a fork and pour my own drink.



PHYSICAL DEVELOPMENT TIPS

- Encourage your child to dress and undress themselves, even with clothes that have zips and buttons.
- When out and about, encourage your child to run up and down hills.
- Play whole body action rhymes such as Heads, Shoulders, Knees and Toes (if you don't know this rhyme, look it up on YouTube).
- Play tennis with a balloon and fly swat or cardboard tube.
- Encourage your child to help with sweeping the floor, hoovering, carrying toy boxes and shopping bags.
- Give your child objects to stir in a saucepan such as conkers, corks and rice, which they can scoop and pour into different size containers.
- Rip up paper together, this will strengthen your child's wrist movements.
- Draw patterns in mud with your child.
- Make up fun movements for your child to copy.

