

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered on a white background within this abstract frame.

Drove Early Years

2022-2023

Independence and Physical
Development Workshop

Class Teachers



Miss Carverhill
Class Teacher



Miss Liddiard
Class Teacher



Miss Leach
Class Teacher and Early Years Lead

Why is independence important?

Independence plays an important role in children learning. Having independence allows children the opportunity to make decisions and take responsibility. This is a very important life skill for children to learn in order to cope with situations in their adult life.

Having independence allows children to have a sense of pride and achievement. Children enjoy experimenting and exploring as this is how they learn. Being able to complete a task or activity that they have been working on gives the children a sense of accomplishment and it is vital that we allow children to have those experiences.

Why is independence important?

During the exploratory phase of your child's development, they will get muddy and they may have a few bumps along the way, however this allows the children to develop their risk and challenge. Along with independence they will develop their problem solving skills as they can take a situation and re-evaluate and try it again. This is also known as "Thinking Critically"

Why is independence important?

It is important that the children are given the opportunities to play, explore and problem solve as this is what makes a child. They are inquisitive and enjoy trying things and having ago as this is how they learn best.

What we do at school to promote independence

During Terms 1 and 2 we will support the children in their daily routine, however we will then begin to allow the children opportunity to do things for themselves:

- Putting their coats and bags on their pegs
- Getting changed for PE
- Finding their writing name card
- Cutting up their food at lunchtimes

What we do at school to promote independence

In Term 3 to Term 6, we will encourage the children to:

- Get undress/dressed independently for PE
- Putting their coats on independently
- Completing the morning routine without adult support
- Cutting up their food and feeding themselves
- Getting out their homework books when asked
- Following instructions without adult support
- Using the toilet without support

What we do at school to promote independence

We understand that some children will need a little helping hand and we do provide support when needed. We will show the children and guide them on how to complete a certain task.

How can you help at home?

As you are the child's 1st educators, it is important that you also give your child the independence they need when at home. We understand that things take time and you have busy lives, however if the children are not given the opportunities, they will not be able to learn the skills in order to complete a task efficiently.

How can you help at home?

Ways you can help at home before starting Reception:

- Allowing your child to get dressed independently
- Getting your child to feed themselves. We do not feed them at school, so this is an important skill for them to learn.
- Cutting up their own food
- Getting things ready/helping themselves- Can they help you cook the dinner? Set the table? Get themselves a drink? Getting a snack?

Physical Development

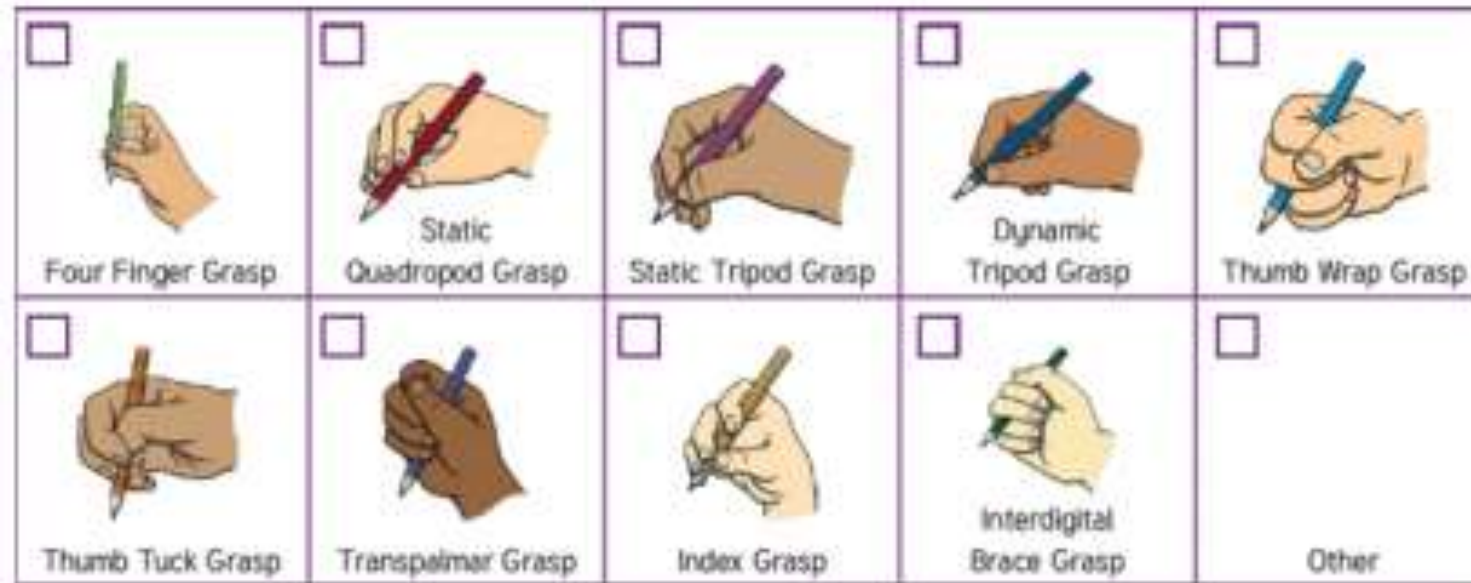
Importance of physical activity

- ▶ Develops their moving and handling skills
- ▶ Helps to develop their Fine and Gross motor skills
- ▶ Not only strengthens muscles but helps the development of the heart, lungs and brain.
- ▶ Physical development also develops shoulder stability, hand strength, and coordination – which is important when it comes to holding a pencil.

Fine and gross motor skills

- ▶ Large muscle (Gross) control, develops before fine motor control. The children need lots of opportunities to make big movements with their arms before they can develop the fine motor control needed for holding a pencil.
- ▶ Small muscle (fine) control is important when the children begin to write. It is the strength they have in their hands, which helps them to hold a pencil. It is also important for their hand eye coordination.

Pencil grips



Each child will go through many different pencil grips. Do not force them to hold the pencil in a certain way.

If they can form letters correctly, that is ok with us.

They will find they own way of holding a pencil.

Wakey shaky and fine motor time

- ▶ Every morning we have 'wakey shaky' time. This allows the children to get their muscle moving and brain working ready for the day by taking part in dances and stretching the big muscles.
- ▶ Every afternoon we have fine motor time: threading, tweezers, cutting, colouring and manipulating materials.

Gross Motor time

The children have many opportunities to develop their gross motor skills:

- ▶ Physical Education (PE)
- ▶ Outside time
 - Climbing frame
 - Ball Games - balancing
 - Chalking (using arms and shoulders)

Physical education

- ▶ We have PE **every Thursday.**
- ▶ Please ensure their PE kits are in school:
 - White t-shirt
 - Black shorts/long bottoms
 - Trainers/black daps
 - Jumper (for when it gets cold)

Balance ability

- ▶ Your child will receive balance ability bike lessons from our sports coaches.
 - 1 term per class
 - Will help them develop skills to ride a bike.
 - Help their balance, find their centre, in turn, helping their writing.

Ideas for Home!



How you can help at home

- ▶ Walking (children are old enough now to not need buggies).
- ▶ Trips to the park
- ▶ Balancing activities
- ▶ Jobs around the house- cleaning, washing up
- ▶ Allowing them to get changed independently.

Welly walk

On Monday 11th we are going on a welly walk – if you would like to volunteer to come then it will be from 9am till 10.45am.

We need 10 volunteers – however, if you do volunteer we cannot guarantee that you will be in a group with your child due to needing to have an even amount of adults in each class.

If you would like to volunteer, please speak to your class teacher at the end of the day.