

Aim for the meeting

Explore fun and engaging strategies to support your child's physical development and independence at home.

Develop practical strategies to help your child build confidence, adapt to school routines, and become more independent.

Areas of independence



Personal Independence

Personal Care

hygiene, toileting, handwashing

Eating & Drinking

feeding independently, using cutlery,
drinking safely

Dressing & Undressing

managing clothes, shoes, zips, coats

Cognitive Independence

Decision Making

making simple choices (food, toys,
activities)

Problem Solving

attempting solutions before asking
for help

Following Routines & Instructions

understanding and completing steps

S&E Independence

Communication & Expression

expressing needs, feelings, and ideas.

Self-Regulation

managing emotions, waiting, calming
strategies

Social Interaction & Play

sharing, turn-taking, cooperating
with peers

Consistent Routine/s

Why Routines Matter:

- Routines help children feel secure and understand expectations, which promotes confidence in their ability to manage themselves.
- Consistent routines support independence by teaching children how to complete tasks on their own.

Importance of Independence

Independence is interwoven throughout the **7 learning Goals** in order to achieve GLD by the end of Reception. It is important as it helps;

- Build confidence and self-esteem
- Promote self-sufficiency in daily tasks
- Encourage problem-solving and resilience
- Support overall emotional, social, and academic development

Communication

Goal: Encourage children to express their needs and emotions.

- Use simple, clear language and ask open-ended questions.
- Encourage free-thinking
- Model empathy and respect
- Validate their feelings by listening without judgment.
- Reinforce positivity

Why It Matters: Promotes self-awareness, emotional intelligence, and relationship skills.

What is Physical Development in the EYFS?

Physical development is a prime area of learning and is essential for overall well-being.

It focuses on two key areas:

- **Gross Motor Skills:** Large movements such as running, jumping, and balancing.
- **Fine Motor Skills:** Small, precise movements like holding a pencil, using scissors, and threading.

These skills provide a foundation for learning, including writing and self-care tasks (e.g., dressing).

Why Is Physical Development Important?

- **Gross motor skills:** Build strength, coordination, and body awareness, helping children navigate their environment.
- **Fine motor skills:** Develop control and dexterity for tasks like handwriting and using tools.

Linked to confidence, concentration, and independence in daily life.

Gross Motor Opportunities

- **Outdoor play:** Encourage climbing, running, skipping, or cycling to build core strength and balance.
- **Ball games:** Throwing, catching, and kicking games develop hand-eye coordination.
- **Dance and movement:** Playing music and dancing supports rhythm and full-body coordination.
- **Obstacle courses:** Use pillows, chairs, or outdoor equipment to create challenges.

Fine Motor Opportunities

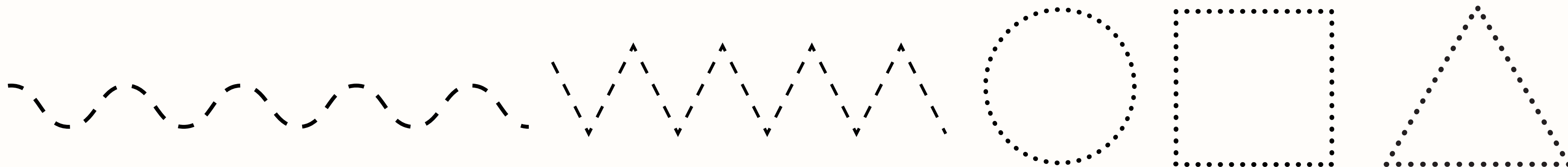
- **Playdough and clay:** Rolling, pinching, and molding build finger strength.
- **Craft activities:** Threading beads, lacing cards, or using tweezers are great for coordination.
- **Art-based play:** Drawing, painting, and stamping help children experiment with grip and control.
- **Everyday tasks:** Peeling stickers, buttoning clothes, and using tongs encourage independence.

Fine Motor and Writing

Writing requires strong, coordinated hand muscles for a comfortable pencil grip.

- **Pre-writing skills:** Activities like drawing patterns, shapes, and lines build control and confidence.

Fine motor activities also improve hand-eye coordination and focus.



Writing Activities to Encourage

- **Mark-Making:** Large paper and crayons let children express themselves freely.
- **Sensory writing:** Encourage writing letters in sand, rice, or shaving foam.
- **Real-life writing:** Ask your child to “help” by writing shopping lists or cards for loved ones.
- **Letter formations:** Use tracing sheets, chalkboards, or magnetic letters for fun practice.

How to Support at Home

- Use different materials to support (playdough, crayons, scissors etc.)
- Create a balance between guided and free play.
- Use positive reinforcement: focus on effort and improvement.
- Lead by example: show your child how you write lists or sign cards.

Thank you for Attending

Upcoming Workshop

Thursday 11th: Phonics and Reading