

Developing Physical Abilities

Large muscle skills

- Children who have greater control of large muscles are less likely to hurt themselves.
- Children who are able to use these muscles for skills are more likely to engage in play with others.
- More chance of social interaction
- Ability to entertain themselves.
- Needs to be practiced everyday.
- Children develop skills at different rates.

Can do skills :

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|--------|------------------|
| - Run | - Climb |
| - Hop | - Gallop |
| - Jump | - Balance |
| - Skip | - Walk backwards |

Fine muscle skills

- Control over small muscles is important for handwriting development.
- fine motor skills developed when they are encouraged to eat finger foods. or practice using spoon.
- Learn to use buttons, zips to fasten clothing.
- Artistic play help children develop both creative + fine motor skills.
- Small muscles:
 - Hold and use crayons / pens.
 - Cut paper
 - glue paper
 - Puzzles
 - pour, fill, empty containers
 - match / sort objects.