



*Reception  
Funky Fingers  
Workshop 2019*

*Helping our children to become writers*



# Overview for the morning

*Throughout their time at pre-school and the Reception year, if we want children to be enabled and successful writers we need to understand the stages of physical development and dexterity and how they link to mark making.*

- Stages of physical development*
- How we support the development of these stages*
- Explore activities with your children*



# Motor Skills

## ***Gross Motor Skill Activities***

*(Big Movements using large muscles)*

Running  
Climbing  
Throwing and Catching a Ball  
Scooting  
Pushing dolls prams/wheelbarrows  
Pouring sand and water  
Mixing cake ingredients  
Large chinks outside  
Sweeping  
Hop Scotch  
Obstacle Course/Going to the Park  
Swimming

## ***Fine Motor Skill Activities***

*(Small Movements using Smaller Muscles)*

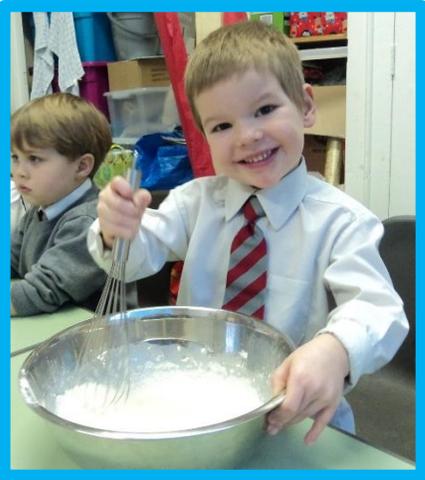
Fastening Buttons/Zips  
Cutting  
Drawing  
Writing  
Threading  
Using Cutlery  
Playdough  
Washing Line & Pegs  
Finger Painting  
Sewing Kits  
Small Construction – Lego, Meccano, K-Nex  
Weaving



# *Motor Skills*

*For Motor Skills to develop children must have opportunities to be physically active and be able to move and explore their environment.*

*If there are no opportunities given to move and be active then the coordination of Motor Skills cannot be developed.*



# Shoulder Pivot

During the early stages of development, when children are learning to support their head, reach, grasp and walk they are using a group of muscles in their pelvis, back, shoulders, arms and neck. It is these upper body muscle groups that they use in the very emergent stages of mark making.



## Activities used to support Shoulder Pivot strength

- *Painting with big brushes (fences, walls, floors)*
- *Trains in paint or shaving foam*
- *Sweeping*
- *Pushing buggies or wheelbarrows*
- *Pouring water or sand*
- *Scooter play*
- *Mixing mud kitchen ingredients*



# *Elbow Pivot*

*Once the muscles in the back, upper arms and shoulders begin to strengthen, there usually starts to be more movement further down the arm at the next point of pivot: the elbow.*



## Activities used to support Elbow Pivot strength

- Chalking on the floor
- Water and sand play
- Hammering nails
- Making patterns in the sand
- Climbing and pulling bodies up on ropes and climbing frames
- Scarf and ribbon twirling
- Stick/wand writing in the air
- Construction materials



# Wrist Pivot

*As the arm muscles and sense of balance develop further then the pivot changes again, this time to allow an even smaller range of movement.*

*The pivot moves to their wrist.*



## *Activities used to support Wrist Pivot strength*

- *Nuts and bolts*
- *Threading beads*
- *Sewing*
- *Lacing pictures*
- *Water and sand play*
- *Finger football*
- *Construction materials*



# *Fine Motor Strength*

*Once the pivots have worked their way down to the wrist, the journey doesn't stop there! Although for many children it can become a lot trickier. The hand is quite a complex piece of machinery and is made up of lots of different joints and muscle groups that interconnect and work together to provide maximum dexterity.*



## *Activities used to support Fine Motor strength*

- Washing lines and pegs*
- Dressing and undressing toys*
- Using cutlery*
- Dressing up clothes with a range of fastenings*
- Peg boards*
- Malleable materials (dough, clay, jelly, wet sand)*
- Tweezers to pick up small objects*
- Cutting with scissors*
- Construction materials*





*It may not always be obvious at first glance that the activities and resources available to support children's play and development are so important to their journey. For each child, the journey to mark maker is different; some choose to mark make during their time at pre-school, others make this move during their Reception year.*

# *Funky Fingers in School*

*Each week we have a different fine motor activity on our Funky Fingers Table in the classroom.*

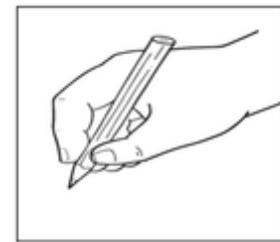
*We will be starting a daily Dough Disco session.*

*The children participate in Squiggle while we Wiggle until Christmas to develop both Gross and Fine Motor Movements.*



# Pencil Grip Development

*According to their stage of development children progress through the stages of pencil grips. They will only be ready to grip a pencil in the most efficient grip (image 4) once they have developed the fine motor strength to do so.*





# *Workshop Activities*

*Please visit the various activities  
and complete them with your child.*

*Thank you for attending today*