



Top Tips for Practising

# Strength and Movement Skills

(Ages 3 - 4)


# Strength and Movement for Ages 3 to 4

There are lots of practical and easy ways that you can encourage your child to practise and develop their strength and physical ability every day.


With children aged three to four, you could work on **fine motor skills** (movements that require small muscle groups like holding a pen or using a pinching grip) or **gross motor skills** (movements that require large muscle groups like running, jumping, kicking or skipping). These top tips are here to give you some ideas on how you could do this.

Please remember, this is not a checklist - it is here to guide you and your child in a fun and beneficial way.

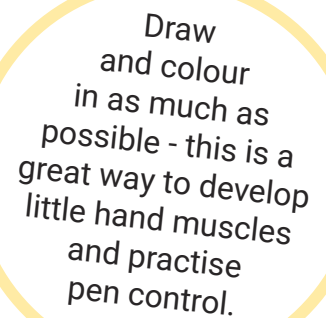
## Quick Ways to Encourage Strength and Movement Skills:




Encourage your child to use play equipment at the park.



Play games using equipment such as balls or hula-hoops.



Draw and colour in as much as possible - this is a great way to develop little hand muscles and practise pen control.





Over 2020 and 2021, a new Early Years Foundation Stage curriculum (or framework) was released and has become statutory for all nurseries and reception classes. These guides, though based on some of the milestones laid out by that new framework, are designed as general guidance and not a solid indication of what is taught in a formal school setting.

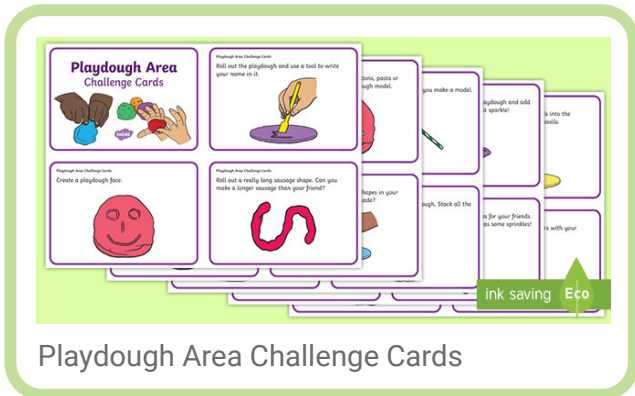
For more information about the new framework reforms (introduced 2021), you can use these resources:

- [New EYFS Reforms Parent and Carer Information Sheet](#)
- [Development Matters 2021 \(Official Document\)](#)
- [EYFS Statements Summarised](#)

You can also find tips and guidance for other skills or ages in our [Parent Guides](#) category.

# Some Everyday Activities to Support Your Child:

Key	
Fine Motor Skills	
Gross Motor Skills	



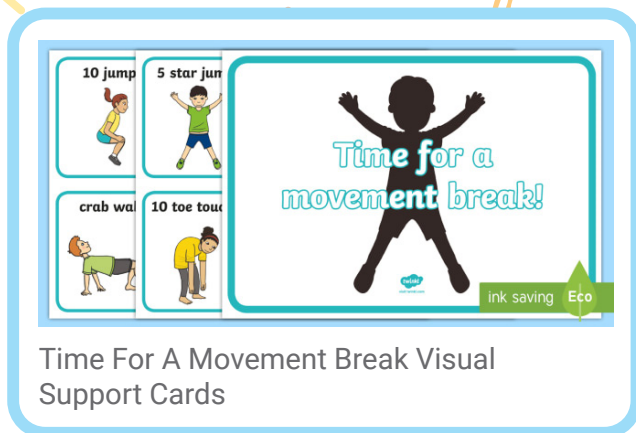
Playdough Area Challenge Cards

Walk up or down stairs. Start by holding your child's hand and gradually progress to them climbing independently as they get more confident

Give your child lots of opportunities to hold pencils, child-safe scissors, paint brushes or other craft materials. Gently correct their grip when using pencils.

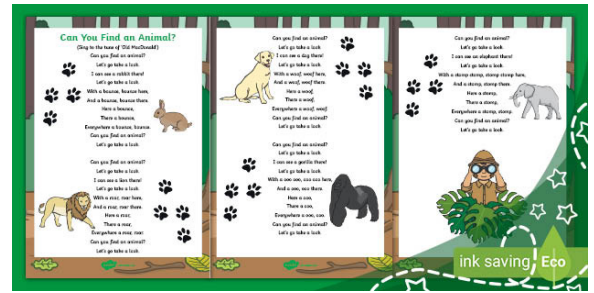
Model moving in different ways to music. You could dance and sing, sway, clap or stomp to the beat - anything you like!

Encourage your child to learn to click their fingers - practise makes perfect. When they get the hang of it, click to the beat of your favourite songs.



Time For A Movement Break Visual Support Cards

Using large pavement chalk, draw or write on your driveway or other outdoor surfaces to strengthen finger muscles.



Can You Find an Animal? Movement Song

Have balancing competitions to see who can stand on one leg the longest.



Encourage your child to use child-safe scissors to snip paper. At this age, it's unlikely that children will be able to follow lines accurately, but practice will help this.



Provide a range of tools for your child to complete tasks, e.g. a trowel for digging or cutlery at meal times.



Dinosaur Themed Scissor Skills Pack

Play games that require children to hold or copy poses, such as 'Simon Says' or 'Musical Statues'.

Encourage your child to do up zips or buttons on their own as they get dressed

Play chasing games such as 'Tag' or 'Stuck in the Mud' to encourage changing direction and speed.

