

Physical Development Home Activities



Washing the car encourages the use of children's gross motor skills, they use their arms to reach up high and move from side to side. They are also using their fine motor skills to hold onto the sponge and squeeze water into the bucket. You could also do this with the inside of the bathtub during the colder seasons.

Putting shaving foam on a table or in a tray is great fun to make big movements. This can be developed for children who are interested in making marks to use their fingers to draw pictures or copy marks that an adult playing with them have made.



Using water to paint fences is lots of fun, the children are using their gross motor skills to lift the brush in large movements, and this again can develop to begin to draw images on the fences with water when they are ready. The brush could be a paintbrush, an old makeup brush or a brush from a dust pan and brush.