

Physical Development - Moving and Handling - What can our fingers do?

Fine Motor - Knowledge - Dough Disco



Pinch: Fold your little finger, ring finger and middle finger into the palm of your hand. Move your index and thumb together.



Roll: Put both your palms together and move one forwards and one backwards and then repeat.



Squeeze: Firmly close your four fingers into your palm and tightly squeeze your muscles together and place your thumb over your fingers.



Splat: Turn your hand over and place your palm facing upwards. Quickly put your other hand on top with your palms together.



Prod: Use your index finger to strongly poke.

Sporting Values



Quiz

What do you need to do first to jump?

What position should you be in to start a skip?

Can you tell me what I need to do to be able to run?

Can you show me how to hop?

Can you name one sporting value?