

## Gross Motor Skills / Physical activities



Click on this link to develop your jumping combination skills at home

<https://www.youtube.com/watch?v=cRjO1IGwbLo>

### Task 1

- Use your clothes to make a cross
- Jump from 2 feet to 2 feet into each section
- Remember to bend your knees



### Task 2

- Lay your clothes out like a ladder
- Jump 2 feet to 2 feet up the gaps
- Remember to swing your arms and bend your knees



## Fine Motor Skills

Fine motor skills involve the use of the smaller muscle of the hands. They are needed for activities such as using pencils, scissors, construction with Lego, doing up buttons and opening lunch boxes.

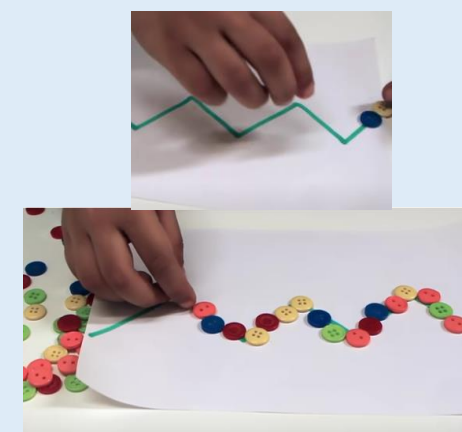


12 fun & simple FINE MOTOR ACTIVITIES for toddlers!

<https://www.youtube.com/watch?v=N12kJu-zL-I>

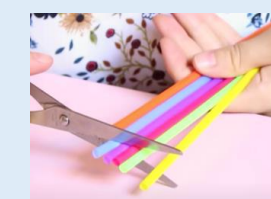
### Task 1 - Button tracing

- Draw a zig zag line
- Lay buttons out carefully following the line.
- Can you fill the line up to the very end?
- If you don't have buttons you could use coins
- What other lines can you use?



### Task 2 - Straw threading

- Cut some straws into small pieces
- Stand some thin sticks into playdough
- Thread the sections of straw onto the sticks
- Can you fill to sticks to the very top?



## Speech and Language

in



under



between



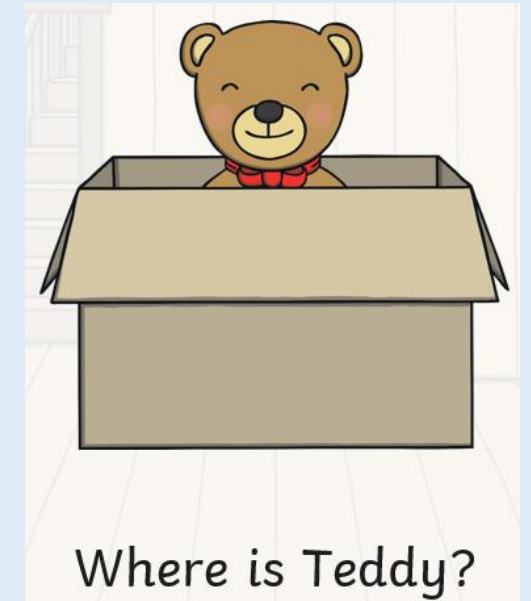
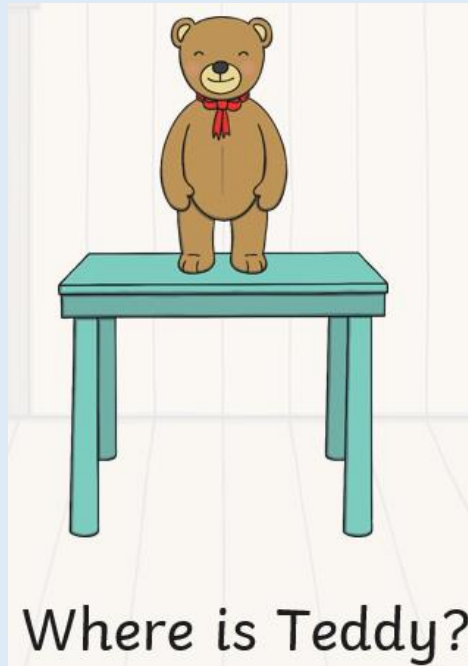
next to



on



**Positional language** (prepositions) refers to the place where something or someone is, often in relation to other things, such as over, under, beside, or beneath.



Use your own toys to practice these words at home.

You could play hide and seek or describe where you are putting your things  
“Put your teddy on the bed” “Put your shoes under the table” “My cars are in the box”