Some ideas for developing fine motor control

- Let the children make patterns using pegboards.
- Provide sewing and weaving activities.
- Involve the children in chopping and peeling in cooking activities.
- Provide woodworking tools – pliers, screwdrivers, hammers.
- Use finger rhymes, counting fingers, playing with words and sounds, etc.
- Provide small construction toys.
- Structure sand and water play to include sieving, pouring, picking up toys using tools, etc.
- Develop the pincer movement: show the children how to use tweezers to pick up and sort sequins, small beads, etc., sprinkle coloured sand, glitter, salt, etc. on pictures.
- Provide the children with paints, finger paints, etc. for making big patterns on differently shaped paper, for example fish, balloons, kites. Talk about the patterns they make. Focus on developing the curly caterpillar, long ladder and one-armed robot.
- Encourage the children to strengthen their fingers by using clay, play dough, Plasticine, etc., for modelling. They can make letter shapes and patterns using the modelling media.
- Encourage dexterity by asking the children to cut out large letter shapes or patterns. They can use different coloured marker pens for tracing along inside the shapes. Emphasise that circles and curly caterpillars need to be traced from the top and anti-clockwise.
- Give the children thick paintbrushes and water to paint patterns on walls, fences, etc.

Ideas for developing gross motor control

- Consolidate the vocabulary of movement by talking about the movements children make, such as going round and round, making curves, springing up and sliding down, making long, slow movements or quick, jumpy movements.
- Show children how to make large movements in the air with their arms, hands and shoulders. For example, fix ribbons on to the end of sticks for the children to swirl in the air. Encourage the use of both sides of the body.
- Let the children make different body shapes/actions in response to music to help them to remember the shapes.

St Edmund's Lower Case Letter Formation Rhymes

a - Start on the line, halfway up, curl, back on yourself, up, down and flick.

b - Start on the line, whole way up, down, halfway up, round and flick.

c - Start on the line, halfway up, curl, back on yourself and flick.

d - Start on the line, halfway up, curl, back on yourself, whole way up, down and flick.

e - Start on the line, diagonally halfway up, round in a loop, down, around and flick.

- Start on the line, diagonally up, round in a loop, whole way down, loop, up and flick.

g - Start on the line, halfway up, curl, back on yourself, up, whole way down, loop, up and flick.

h - Start on the line, whole way up, down, back up, round, down and flick.

i - Start on the line, half way up, down, flick and dot.

j - Start on the line, half way up, whole way down, loop, up, flick and dot.

k - Start on the line, whole way up, down, halfway up, loop, kick and flick.

l - Start on the line, whole way up, down and flick.

m - Start on the line, half way up, down, back up, round, down, back up, round, down and flick.

n - Start on the line, half way up, down, back up, round, down and flick.

o - Start on the line, halfway up, curl, back on yourself, keep on going round, join up and flick.

p - Start on the line, half way up, whole way down, back up, round, join up and flick.

q - Start on the line, halfway up, curl, back on yourself, up, whole way down and flick.

r - Start on the line, half way up, down, back up and flick.

s – Start on the line, halfway up, curl, curl back, across the middle, curl in and flick.

t – Start on the line, whole way up, down, curl up, flick and cross.

u – Start on the line, half way up, down, curl, up, down and flick.

v – Start on the line, half way up, down diagonally, up diagonally and flick.

w – Start on the line, half way up, down diagonally, up diagonally, down diagonally, up diagonally and flick.

x – Start on the line, half way up, down diagonally, flick and cross diagonally.

y – Start on the line, half way up, down, curl, up, whole way down loop, up and flick.

z – Start on the line, half way up, across, back down diagonally, across and flick.