

4 years
plus

* Move with *
me



PHYSICAL DEVELOPMENT TIPS

- Give your child small coins to post through a slot, kitchen tongs to pick up small objects, or a food baster to blow a ping-pong ball into a goal.
- When outside, encourage your child to carry buckets of sand, gravel, adult watering cans and push a wheelbarrow.
- Play tug of war games and go on wheelbarrow walks with your child.
- Play hopping and crawling races, or dance outside with scarves and streamers.
- Play Hop Scotch and create targets to throw balls at.
- At the park, encourage your child to put their tummy on a swing seat and swing.
- Make an obstacle course to go under, over, and through using things like boxes, duvets, cushion, air beds and tables.
- Play musical bumps and musical statues.
- Encourage your child to dress themselves, when you are not in a hurry.
- Encourage your child to help lay the table, empty the dishwasher, peg out the clothes and wash the car.
- Practice large arm movements by letting your child help with cooking, mixing, rolling pastry, icing, scooping and scraping out the bowl.



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plus

"what I Like"

- To challenge myself with only a little support.
- To push the boundaries and take risks.

"what I can do"

- Climb well.
- Jump on and off a low object.
- Adjust my speed and change direction to avoid objects while running.
- Throw, catch and kick a ball.
- Copy simple movements and simple constructions.
- Cut a circle.
- Draw simple, recognisable pictures.
- Dress myself most of the time, for instance put on my own coat and do up the zip.
- Use a knife and fork.
- Hold my own weight using my arms.



* **Did**
you know?

Children at this age should be active daily for at least three hours, spread throughout the day.