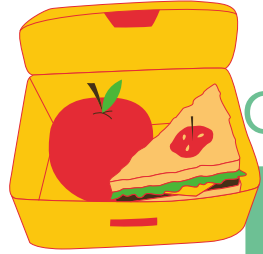




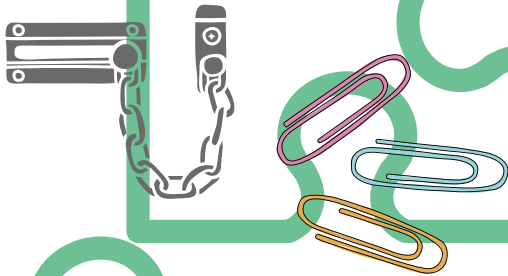
# Ready, Steady, Reception!

## Physical Skills



Open their lunchbox or bag and food packaging

Help your child practise fastening and undoing latches and catches in a safe way.



Encourage your child to try opening packets when helping with cooking at home.



Let your child play with bags and boxes with different fastenings like, zips, poppers, velcro or buttons.



Involve your child in packing their lunch, if possible, and talk about how they will unwrap different items.



Get your child to help open left over food in tubs with clips or fitted lids.



Allow lots of play that will strengthen their fingers like play dough, tweezers or clothes pegs.



Always encourage your child to try opening their snacks before stepping in to help!



These are some things your child might do with their Early Years practitioner. Help your child succeed by also practising them at home!



# Ready, Steady, Reception!

## Physical Skills

### Be independent at mealtimes

Get your child to drink from an open cup at home.



Have an expectation that your child sits down when they are eating. Sit at a table, if possible.



Allow your child to help prepare their own snacks, like cutting up an apple or spreading butter on crackers.



Let your child use different utensils when helping with cooking. eg blunt knives, spatulas, scoops, spoons, ladles.



Allow your child to practise carrying or balancing items on a tray, to prepare them for school lunchtimes.



Encourage your child to pour drinks for themselves or others from a jug.



Have an expectation that your child tries cutting up their own food before you help them.



Let your child practise their cutlery skills on play dough.

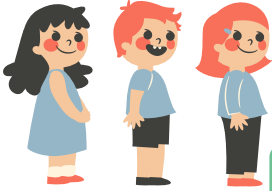


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# Ready, Steady, Reception!

## Physical Skills



Line up one behind the other and walk in a line

Encourage your children to practise waiting in line with you, for example at the supermarket.



Take part in songs and dances where your child follows you, such as Follow the Leader or the Conga!



Act out some stories where the characters are one behind the other, like Going on a Bear Hunt or The Enormous Turnip.



Talk to your child about why we might line up, for example at an ice cream van.



Encourage your child to line up for their turn on equipment in the park or at soft play.

Try making circuits or obstacle courses at home, taking turns to be the leader.



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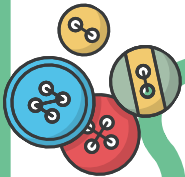
# Ready, Steady, Reception!

## Physical Skills



Be able to dress and undress themselves

Give opportunities to practise fastening buttons and zips. eg. On cushions, duvet covers etc.



Take own socks and shoes on and off to play in the sand or garden in the summer.



Get children involved in choosing their clothes for the day so that they are things they want to wear.



Allow children to dress and undress themselves in the mornings or at bedtime.



Use clothes with different fastenings when playing dress up or role playing.



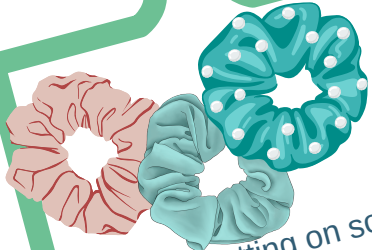
Always encourage them to 'have a go' before offering help with coats, shoes etc.

\*Put the hood on first then each arm in **OR** put the coat on the floor with the hood towards you, put your arms in and flip it over your head!

Try the 'Batman' or 'Superman' methods for putting on their own coats.\*



Practise putting on socks using scrunchies! Look!



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# Ready, Steady, Reception!

## Physical Skills

### Have an effective pencil grip

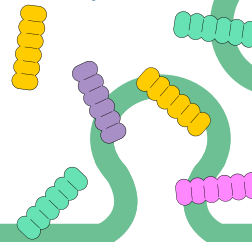
Always correct your child's pencil grip if you see they are not holding their pencil effectively.



Give opportunities to pick up or pull small objects using finger and thumb, such as pegs from peg boards, threading, selecting beads etc.,



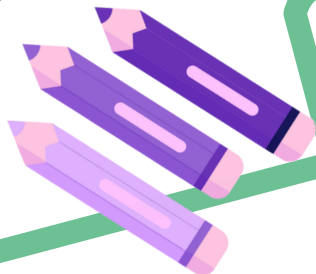
Try using a plastic pencil grip to help, if your child struggles using slim pencils.



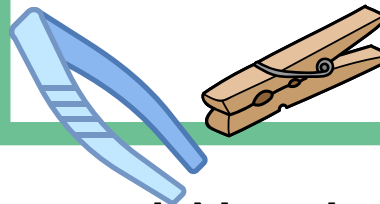
Do activities which strengthen fingers, such as moulding play dough, threading or using spray bottles.



Try using chunky, triangular pencils until your child gets used to the pincer grip.



Do lots of activities to help fine motor skills like using clothes pegs, picking things up with tweezers, squeezing pipettes or serving food with tongs.



Search 'pencil grip activities' on Instagram for lots of fun ideas to try at home!



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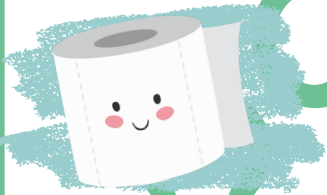
# Ready, Steady, Reception!

## Physical Skills



### Go to the toilet independently

Show your child how to wipe themselves after using the toilet.



Have a 'hand washing song' to make hand washing enjoyable. \*



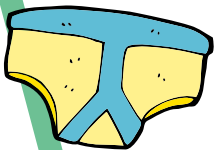
Show your child the right movements to use the taps, either twist, push or pull.



Teach your child how to wash their hands properly, including how to dry them afterwards.



Prompt your child to 'try' going to the toilet every 15 minutes or so when they first start wearing pants.



Don't over pressurise your child so that they become scared of toilet training.



Take children to the toilet regularly when they are still in pull-ups so that they know the routine and process.



Make sure your child has clothes on that they can pull down quickly! No poppers or tricky clasps.



\*Try this one!




These are some things your child might do with their Early Years practitioner. Help your child succeed by also practising them at home!

# Ready, Steady, Reception!

## Physical Skills

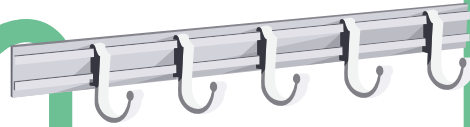
### Hang their coat and bag on a peg



Encourage your child to practise hanging their coat when they arrive at nursery.



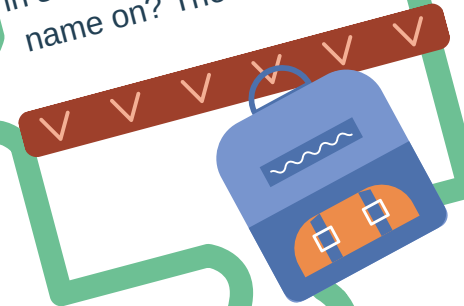
If possible, have a peg your child can reach at home, to practise hanging up their things.



Check your child's coat has a hanging loop inside.



Talk to your child about what their peg will look like in school. Will it have their name on? Their picture?



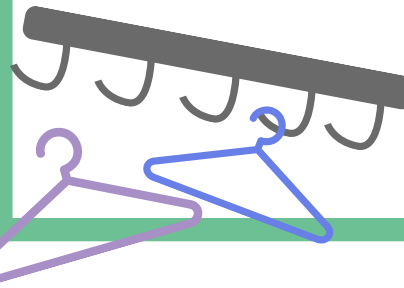
Make sure your child knows what their own coat and bag look like.



Make sure your child's bag is not too heavy so they can lift it on to their peg.



Encourage your child to use hooks and hangers in their bedroom or when playing dressing up.



Show your child how they can hang their coat using the hood.



These are some things your child might do with their Early Years practitioner. Help your child succeed by also practising them at home!



# Ready, Steady, Reception!

## Physical Skills

Wipe their nose with a tissue then throw it away

Have hand gel available to sanitise their hands after nose wiping or blowing,



Have tissues available around your home so that children can help themselves when needed.



Show your child where to throw their used tissues away to stop the spread of germs!



Prompt your child to wipe or blow their own nose first, instead of doing it for them.



Encourage your child to notice what it feels like when their nose is runny or needs blowing, so they recognise the feeling.



Watch some songs and videos with your child about the importance of hygiene.\*



Encourage your child to look in the mirror to check their nose is clean after wiping.



Try having your tissues near to a bin at home.



\*Try these!



These are some things your child might do with their Early Years practitioner. Help your child succeed by also practising them at home!