

Gross Holiday Homework for Early Years Summer 2023

Gross motor skills are important to enable children to perform every day functions, such as walking, running, skipping, as well as playground skills (e.g. climbing) and sporting skills (e.g. catching, throwing and hitting a ball with a bat). A good development of these skills will help with getting dressed, using maths equipment and writing skills.

Please do as many of the following activities this summer as often as you can. How many can you tick off?

- Play balloon tennis
 - Play hopscotch
 - Chase and catch bubbles
 - Bounce balloons on an open hand
 - Roll down hills (not mountains)
 - Play on swings (holding on tight)
 - Balance on a log, on a rock, on one leg
 - Climb on, over, through and up equipment at the park
 - Pull yourself up on a tree branch, a ladder, monkey bars or a web at the park
 - Anything that involves you and your child balancing, rolling and climbing
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- If you want to take a photo of your favourite activity we would love to see them when you come to school.