

BILATERAL CO-ORDINATION

It is important to develop children's bi-lateral co-ordination and the outdoor environment is a great place to do this – why not give some of these ideas a go...



WALL PAINTING

When developing bi-lateral co-ordination you want to encourage children to cross the 'midline' and wall painting is a great way to do this.

Physical Development: Moving and Handling
8-20 Months "Enjoy the sensory experience of making marks"



FLOOR PAINTING

Painting on the floor is a great way to encourage children to develop their core strength.

REACH
BEND
STRETCH



This will also begin to help with the development of fine motor skills.

Creating and Thinking Critically: "We are supporting children to make predictions, plan, test out and review their ideas and approaches"

LOCOMOTOR SKILLS

Locomotor skill development doesn't require equipment, therefore it is worth remembering that you don't always need to put equipment out in the garden.



Physical Development: Moving and Handling
22-36 Months
"Runs safely on whole foot"



Active Learning: "Children are showing satisfaction of what and how they accomplished something"

STABILITY

It is important to offer a range of both static and dynamic stability opportunities in the outdoor environment.

DYNAMIC STABILITY is balancing on the move e.g. balancing beams, tyres, stepping stones.



Active Learning: "Children are persisting with an activity even when challenges occur and showing belief in themselves"



STATIC STABILITY is balancing in a stationary position, developing isometric muscle control. Yoga is great for this!



Playing and Exploring: "Children are showing a can do attitude as they engage in the new experiences and learn by trial and error"



MANIPULATIVE SKILLS

Manipulative skills involve using or moving equipment in physical activity.

Playing and Exploring "Children are showing curiosity about objects and engaging in open ended activity"



Creating and Thinking Critically: "We are giving children the opportunity to have ideas and find new ways of doing things"



Practising manipulative skills also supports the development of other skills like hand-eye-coordination.

