

## Developing Fine Motor Control in Year 1

These are the small controlled movements that girls find so much easier to do than boys generally do.

There are many ways to improve fine motor control - not necessarily obviously or directly related to writing.

- Give children lots of 'colouring-in' activities.
- Provide sewing and weaving activities.
- Use finger rhymes, counting fingers, playing with words and sounds, 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 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.