

Cracking 'Stuff'

Come on, join in the Summer Carnival with some
Energetic antics!

Tuesday 14th June 2022

Carer session 1.15-1.45pm

School/setting staff session 3.45-4.15

Via Microsoft Teams – please email virtualschool@worcschildrenfirst.org.uk to reserve a place and receive a link to access the training

There has been considerable concern over the last few years about an increase in children's inactive behaviour and a reduction in their physical activity – not just the children either!

Our brains are wired to expect physical development. If it doesn't happen early in life it is more difficult to establish as we grow older.

Physical development contributes to our thinking development – as children move and explore the world they learn about how different objects work and their own capabilities.

Physical development can help with the maintenance of a healthy weight and the development of strong bones, muscles, and heart.

It can also help with the development of personal and social skills such as self-confidence, interaction, taking turns, getting along with others and so on. It must be a good thing then!

There are lots of fun activities that we can encourage children to engage in and be able to talk about the things they enjoy doing such as walking, skipping, climbing, rolling, and jumping (gross motor activities) and of course other exciting things to engage in and enjoy such as threading, cutting, pressing, grasping, pinching (fine motor activities).

You will get a **shed load of fun physical development ideas** that can be shared with your children when you join in with our session "Energetic Antics" on Tuesday 14th June – if you have a lump of play dough please bring it with you, but don't worry if you haven't, just bring yourself and a passion for building up lots of exciting ideas to help your child have fun and reach their full potential in life through regular physical development.

See you on 14th June – no PE kit required