

# Physical Development 4-5 years

## Did you know?

Children at this age should be active daily for at least three hours, spread throughout the day.



## How can you help?

- Give your child small coins to post through a slot, kitchen tongs to pick up small objects, or a food baster to blow a ping-pong ball into a goal.
- When outside, encourage your child to carry buckets of sand, gravel, adult watering cans and push a wheelbarrow.
- Play tug of war games and go on wheelbarrow walks with your child.
- Play hopping and crawling races, or dance outside with scarves and streamers.
- Play Hop Scotch and create targets to throw balls at.
- At the park, encourage your child to put their tummy on a swing seat and swing.
- Make an obstacle course to go under, over, and through using things like boxes, duvets, cushion, air beds and tables.
- Play musical bumps and musical statues.
- Encourage your child to dress themselves, when you are not in a hurry.
- Encourage your child to help lay the table, empty the dishwasher, peg out the clothes and wash the car.
- Practice large arm movements by letting your child help with cooking, mixing, rolling pastry, icing, scooping and scraping out the bowl.
- Encourage your child to hang their head upside down from the edge of the sofa.



## What I like

- To challenge myself with only a little support.
- To push the boundaries and take risks.

## What I can do

- Climb well.
- Jump on and off a low object.
- Adjust my speed and change direction to avoid objects while running.
- Throw, catch and kick a ball.
- Copy simple movements and simple constructions.
- Cut a circle.
- Draw simple, recognisable pictures.
- Dress myself most of the time, for instance put on my own coat and do up the zip.
- Use a knife and fork.
- Hold my own weight using my arms.

Children develop at their own rates and in their own ways. The above is typical ranges of development. If you have any concerns about your child's development, speak to your GP or health visitor for advice.