

# Sunset Acres Elementary School

## PRE-K NEWSLETTER #4

### PHYSICAL DEVELOPMENT SKILLS



#### **Welcome!**

Welcome to the fourth of four pre-K newsletters. This newsletter is all about physical development skills. Fine motor skills: a child's ability to perform small movements that require hand-eye coordination. Gross motor skills: large movements that involve arms, legs and body.

#### **Why is this important?**

**Fine motor skills** are more than strength; they are the ability to hold a pencil or scissors properly to ensure the next skillset of printing, drawing, copying and colouring are successful.

**Gross motor skills** enable your child to participate in physical activities, to climb and descent stairs easily, and to play safely on our playground.

#### **What should my child be able to do at this stage?**

##### **Fine Motor Skills** (Small Muscle Development)

Your child is learning to:

- Hold and control a pencil or crayon with more precision
- Draw simple shapes (circles, squares, and beginning letters)
- Use scissors to cut along lines
- Button and unzip clothing
- Build with small blocks or connect toys (e.g., Lego)
- Use utensils (fork and spoon) with better control
- Begin printing some letters in their name

##### **Gross Motor Skills** (Large Muscle Development)

Your child is learning to:

- Run, jump, and stop with control
- Hop and stand on one foot for a few seconds
- Climb playground equipment safely
- Throw and catch a ball (with improving accuracy)
- Kick a ball with direction
- Pedal a tricycle or beginner bike
- Balance while walking along a line or beam

Still have questions? Contact Family and Child Education Anglophone West at 1-855-454-3762.

# Sunset Acres Elementary School

## PRE-K NEWSLETTER #4

### PHYSICAL DEVELOPMENT - GAMES & ACTIVITIES



#### *Obstacle Course Games*

- Create a simple obstacle course (jumping, crawling, balancing).
- Develops coordination, balance, and overall strength.

#### *Ball Play*

- Play catch, kickball, or roll a ball back and forth.
- Improves coordination, timing, and control of large movements.

#### *Play Dough Creations*

- Encourage your child to roll, squeeze, flatten, and shape play dough.
- Builds hand strength and finger control for writing.

#### *Cutting and Crafting*

- Provide child-safe scissors, paper, and magazines to cut and glue.
- Helps with hand-eye coordination and scissor skills.

#### *Drawing and Colouring Time*

- Encourage drawing, tracing, and coloring within lines.
- Strengthens pencil grip and control needed for printing.

#### *Building with Blocks or Lego*

- Invite your child to build towers or simple structures.
- Promotes fine motor control, problem-solving, and creativity.