

Orchard Primary School Fine Motor Skills Policy

All teachers to use the fine motor skills progression to identify children that are currently working below their chronological age. Teachers can look at the age band activities and use some of these as an assessment to support the identification. The identified children are then to become part of focus groups where activities will be planned each week by the class teacher to move the children onto the appropriate level.

EYFS will have at least one fine motor skill (FMS) activity available in continuous provision inside and out every day. The FMS activities will be recorded on the continuous planning sheets.

Target groups in Nursery and Reception will receive planned FMS focus activities every week led either by class teacher/NNEB/TA or volunteer helpers.

Reception and Year 1 teachers will use the FMS progression to identify children needing Jump Ahead intervention. The Reception teacher will pass on transition information linked to FMS to ensure that in the first term of Year 1 any children working below their chronological age will receive intervention to catch them up.

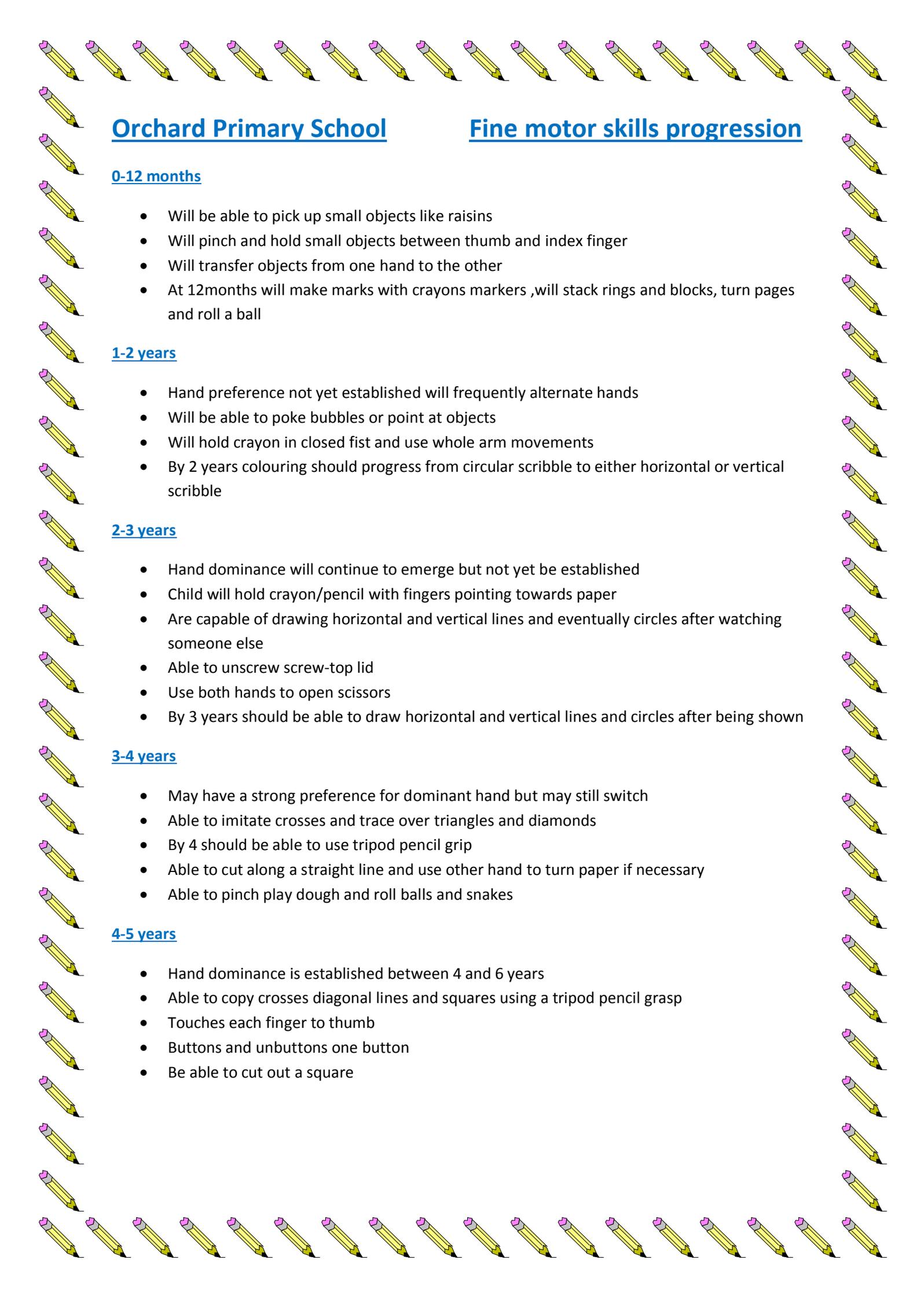
Nursery, Reception and Year 1 will plan weekly Write Dance sessions.

Finding out about levels of FMS will be a focus in EYFS home visits and welcome meetings and parents will be given a pack of ideas activities and possibly resources to work on with their child prior to starting school.

Nursery and Reception will include information/activities on FMS at workshops held in the Autumn term to provide parents with ideas to work on at home.

KS2 teachers to have a copy of the policy and to use the FMS progression document to identify children who may still need support. Teachers to liaise with MG/TB for possible Jump Ahead/Jump Ahead plus interventions.

All EYFS/KS1 classes to have a box of FMS resources to support planning and activities.



Orchard Primary School

Fine motor skills progression

0-12 months

- Will be able to pick up small objects like raisins
- Will pinch and hold small objects between thumb and index finger
- Will transfer objects from one hand to the other
- At 12 months will make marks with crayons markers ,will stack rings and blocks, turn pages and roll a ball

1-2 years

- Hand preference not yet established will frequently alternate hands
- Will be able to poke bubbles or point at objects
- Will hold crayon in closed fist and use whole arm movements
- By 2 years colouring should progress from circular scribble to either horizontal or vertical scribble

2-3 years

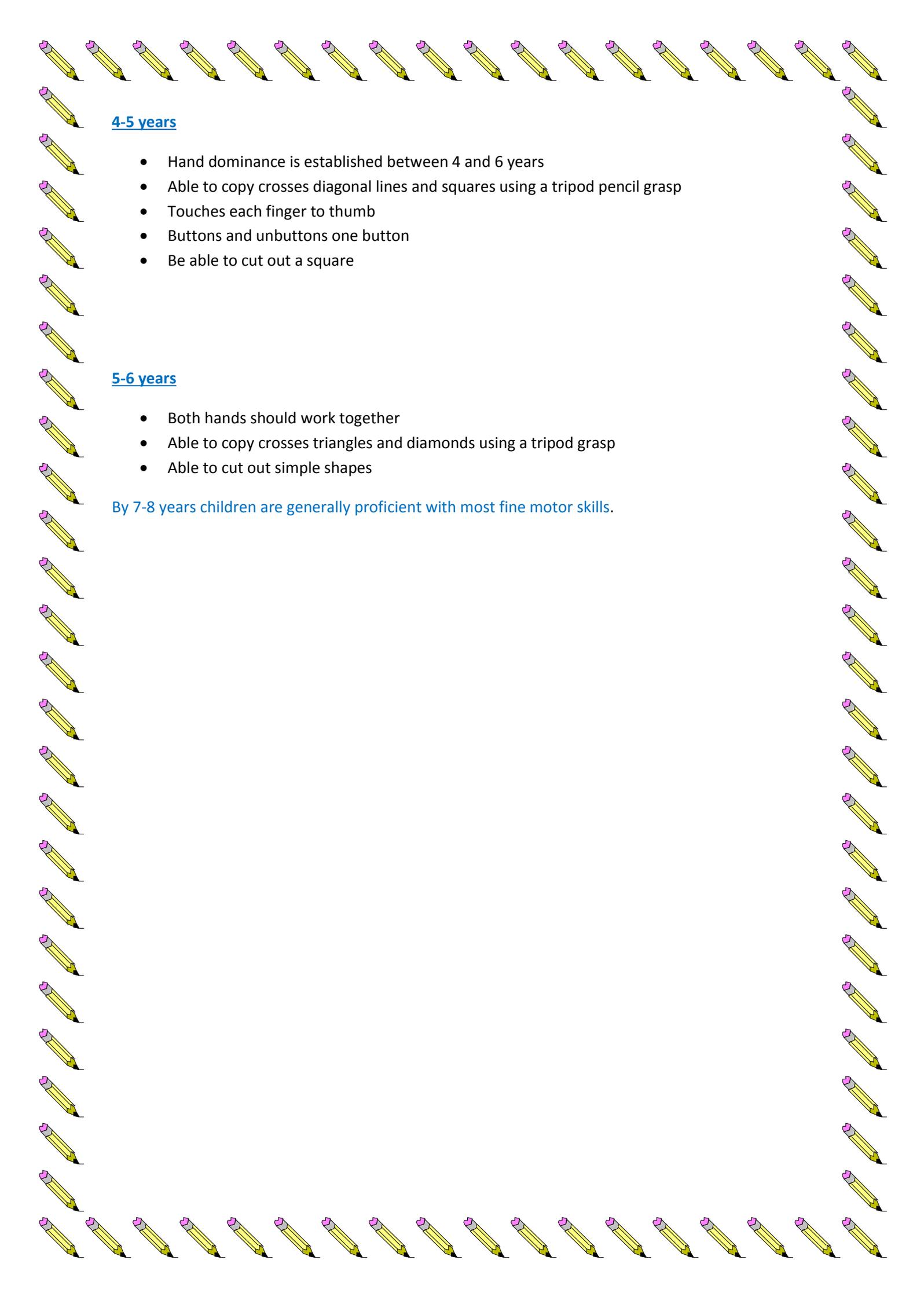
- Hand dominance will continue to emerge but not yet be established
- Child will hold crayon/pencil with fingers pointing towards paper
- Are capable of drawing horizontal and vertical lines and eventually circles after watching someone else
- Able to unscrew screw-top lid
- Use both hands to open scissors
- By 3 years should be able to draw horizontal and vertical lines and circles after being shown

3-4 years

- May have a strong preference for dominant hand but may still switch
- Able to imitate crosses and trace over triangles and diamonds
- By 4 should be able to use tripod pencil grip
- Able to cut along a straight line and use other hand to turn paper if necessary
- Able to pinch play dough and roll balls and snakes

4-5 years

- Hand dominance is established between 4 and 6 years
- Able to copy crosses diagonal lines and squares using a tripod pencil grasp
- Touches each finger to thumb
- Buttons and unbuttons one button
- Be able to cut out a square



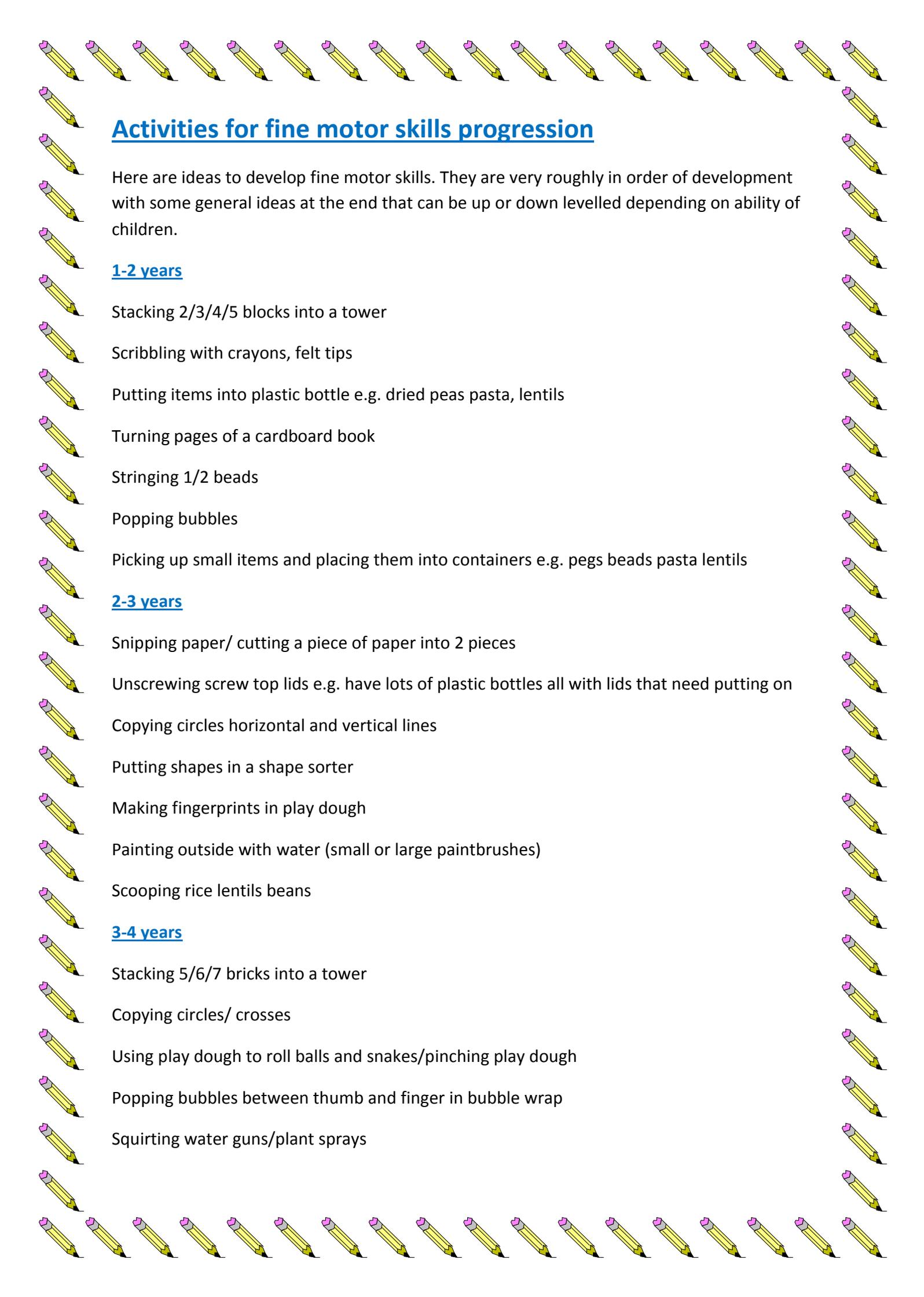
4-5 years

- Hand dominance is established between 4 and 6 years
- Able to copy crosses diagonal lines and squares using a tripod pencil grasp
- Touches each finger to thumb
- Buttons and unbuttons one button
- Be able to cut out a square

5-6 years

- Both hands should work together
- Able to copy crosses triangles and diamonds using a tripod grasp
- Able to cut out simple shapes

By 7-8 years children are generally proficient with most fine motor skills.



Activities for fine motor skills progression

Here are ideas to develop fine motor skills. They are very roughly in order of development with some general ideas at the end that can be up or down levelled depending on ability of children.

1-2 years

Stacking 2/3/4/5 blocks into a tower

Scribbling with crayons, felt tips

Putting items into plastic bottle e.g. dried peas pasta, lentils

Turning pages of a cardboard book

Stringing 1/2 beads

Popping bubbles

Picking up small items and placing them into containers e.g. pegs beads pasta lentils

2-3 years

Snipping paper/ cutting a piece of paper into 2 pieces

Unscrewing screw top lids e.g. have lots of plastic bottles all with lids that need putting on

Copying circles horizontal and vertical lines

Putting shapes in a shape sorter

Making fingerprints in play dough

Painting outside with water (small or large paintbrushes)

Scooping rice lentils beans

3-4 years

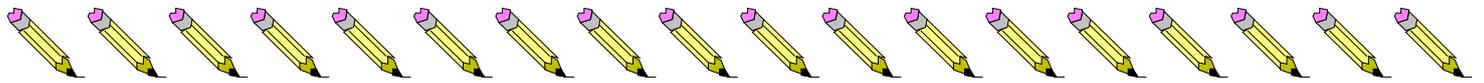
Stacking 5/6/7 bricks into a tower

Copying circles/ crosses

Using play dough to roll balls and snakes/pinching play dough

Popping bubbles between thumb and finger in bubble wrap

Squirting water guns/plant sprays



Drawing in sand/corn flour/slime with sticks straws

Using a hole punch to make holes in a piece of card

Posting coins objects into slots/posting boxes

Using sewing cards to thread lace through holes (not necessarily accurately)

Using eyedroppers/ syringes to squirt water paint

Playing with windup toys/spinning tops/spinners

Hand /finger rhymes e.g. Tommy thumb

Pouring water from one container to another

Making a picture with fuzzy felts

Large chalks drawing on the floor outside

Poking straws into holes

Finger printing and painting

Small spoons and marbles

Hair elastics over cardboard tubes

Tracing shapes in sand

Construction kits e.g. mobile stickle bricks Duplo

Using tweezers to move small objects from one place to another e.g. bowls

4-5 years

Cotton bud painting

Copying squares and crosses

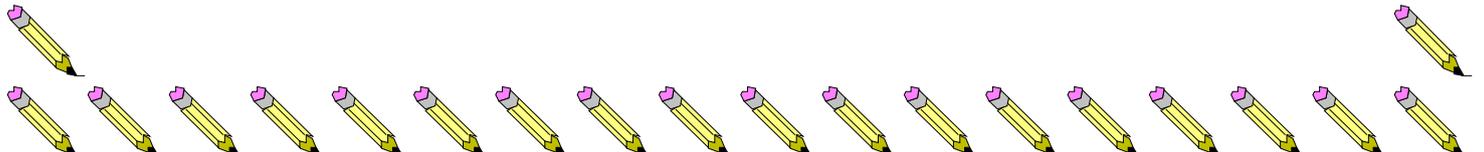
Cutting on straight lines/ cutting out squares

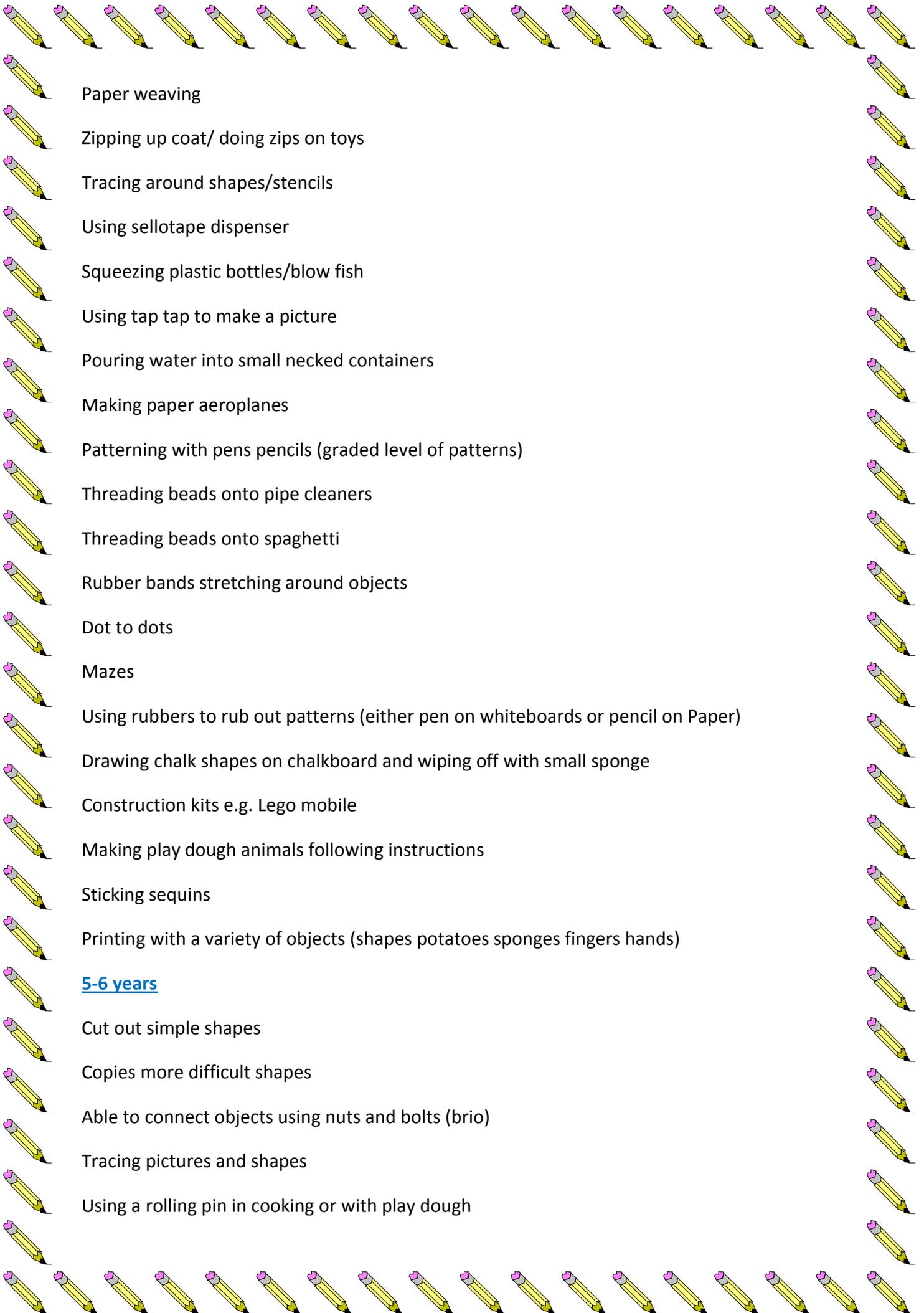
Touching each finger to thumb (Hello Tommy thumb game)

Unbuttoning buttons (button toys) (Playing with baby clothes)

Stacks 10+ blocks

Using clothes pegs (making a sun- putting pegs on a paper plate/ pegging onto a bowl/onto a washing line)





Paper weaving

Zippering up coat/ doing zips on toys

Tracing around shapes/stencils

Using sellotape dispenser

Squeezing plastic bottles/blow fish

Using tap tap to make a picture

Pouring water into small necked containers

Making paper aeroplanes

Patterning with pens pencils (graded level of patterns)

Threading beads onto pipe cleaners

Threading beads onto spaghetti

Rubber bands stretching around objects

Dot to dots

Mazes

Using rubbers to rub out patterns (either pen on whiteboards or pencil on Paper)

Drawing chalk shapes on chalkboard and wiping off with small sponge

Construction kits e.g. Lego mobile

Making play dough animals following instructions

Sticking sequins

Printing with a variety of objects (shapes potatoes sponges fingers hands)

5-6 years

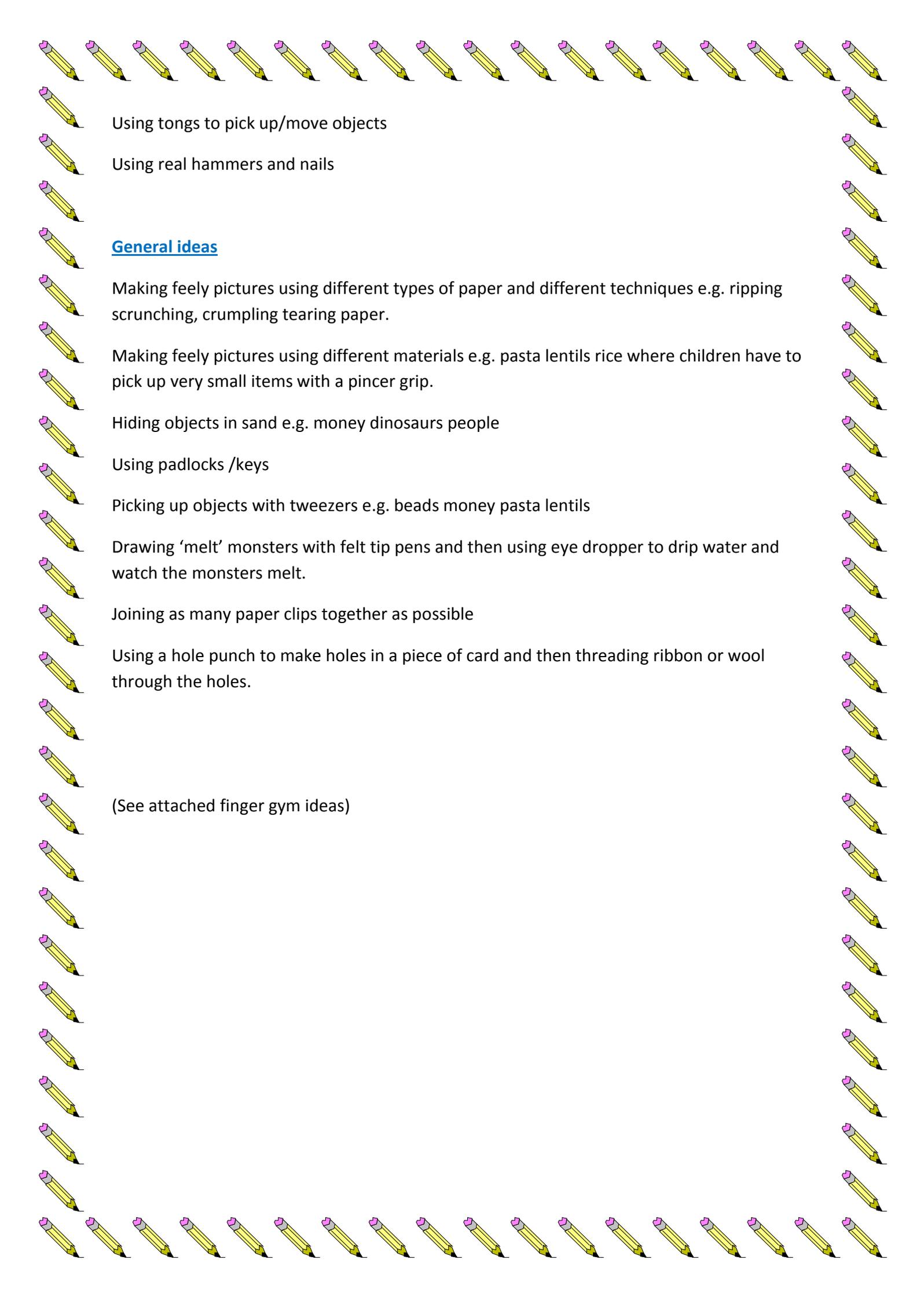
Cut out simple shapes

Copies more difficult shapes

Able to connect objects using nuts and bolts (brio)

Tracing pictures and shapes

Using a rolling pin in cooking or with play dough



Using tongs to pick up/move objects

Using real hammers and nails

General ideas

Making feely pictures using different types of paper and different techniques e.g. ripping scrunching, crumpling tearing paper.

Making feely pictures using different materials e.g. pasta lentils rice where children have to pick up very small items with a pincer grip.

Hiding objects in sand e.g. money dinosaurs people

Using padlocks /keys

Picking up objects with tweezers e.g. beads money pasta lentils

Drawing 'melt' monsters with felt tip pens and then using eye dropper to drip water and watch the monsters melt.

Joining as many paper clips together as possible

Using a hole punch to make holes in a piece of card and then threading ribbon or wool through the holes.

(See attached finger gym ideas)

