

Ideas for Physical Support Around the Home!

During this time, we are aware that your child's school will have sent some activities and/or work home to be completed. This guidance is intended to fit in alongside your day to day life and work at this difficult time.

As Specialist Teachers for Physical Support, we have come up with some suggestions that we hope will get your children using their fine (small) and gross (large) motor skills with everyday things that you might have at home. Obviously pick and choose what suits you and your child- they are just suggestions that can support children's physical development and life skills as they grow up.

Should you need any physical support during this time, please get in touch on 01482 394000 option 5 option 1 to leave a message and one of our team will get back to you.

We all know that the current situation is something we have never experienced before. The main focus for your children and yourselves, will be ensuring they and you are happy and feel secure. Do what works for you as a family. If you are able to get out for some fresh air each day that's great.

OTHER LINKS AND IDEAS

- Government guidance for pupils with additional needs during lockdown <https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19>
- East Riding Local Offer website has links to further local support <http://eastridinglocaloffer.org.uk/>
- Active Coast (run by East Riding of Yorkshire Council) are available to follow on social media and have lots of ideas for sport or creative activities to try at home with minimal resources, e.g. hand squash- you need a ball, a hand and a wall! <https://www.facebook.com/activecoast/>
- NHS guidance to physical activity for those with physical difficulties <https://www.nhs.uk/live-well/exercise/get-active-with-a-disability/>
- JumpStart Jonny fun movement and exercise for children <https://www.jumpstartjonny.co.uk/>
- PE with Joe Wicks, available on You Tube <https://www.youtube.com/channel/UCAxWlXT0iEjo0TYIRfn6rYQ>
- Cosmic Kids yoga <https://www.youtube.com/user/CosmicKidsYoga>
- CBeebies- Andy Day has some exercise programmes to watch
- Wheelpower is the British Wheelchair Sports website, they have shared some adaptive yoga workouts <https://www.wheelpower.org.uk/resources/adaptiveyoga>

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HANDWRITING/MARK MAKING

- Colouring
- Letter writing practise if appropriate- Twinkl have free access at the moment and have plenty of letter formation sheets if able to use Internet
- Or, practise letter shapes using shaving foam, water and a paint brush, foam in the bath on the tiles
- Using chalk to create lines and circles
- Colouring in a rainbow
- Painting
- Writing a shopping list
- Send a card or letter to a friend or family member who you are missing

KITCHEN

- Chopping and peeling food
- Slicing fruit (bananas are a good soft option for younger children)
- Cracking/beating eggs for baking
- Making a sandwich- include spreading butter if applicable
- Making a drink
- Pouring from containers/jugs in to cups/glasses of varying sizes
- Practice using a knife and fork
- Transferring things with a spoon, e.g. dry ingredients
- Transferring small objects using tweezers
- Balancing lolly sticks
- Threading Cheerios or similar onto a string or lace

BEDROOMS

- Putting pillows into pillowcases or putting the duvet cover on
- Making a bed
- Folding clothes

BATHROOM

- Shaving foam on the tiles to make marks or practise letter shapes
- Scooping and pouring water
- Self-care skills such as brushing teeth or cleaning yourself

CLEANING

- Using a sponge- bowl of water, soak sponge, use sponge to wipe or clean something e.g. a welly boot
- Polish shoes
- Use a tea towel to wipe up or dust
- Help load or unload the washing machine or match socks

CLOTHING/FASTENINGS

- Getting dressed as independently as possible
- Practise doing up buttons
- Putting own coat on and doing up the zip
- Practise fastenings
- Putting socks on
- Practise tying shoelaces (this may be an easier way <https://www.youtube.com/watch?v=QJVR8hHBQyM>)

TOYS AND GAMES

- Chalking
- Construction kits such as Lego or Duplo or blocks
- Hide and seek
- Balloon passing
- General games and outdoor play if possible
- Treasure hunt with anything you have at home
- Obstacle course with whatever is at hand, e.g. cushions/under and over chairs
- Online workout if have Internet access such as Joe Wicks, Cosmic Kids
- I Spy (could write answers down)
- Board games, card games or jigsaws

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