

# 3-4 year olds

## \* Move with \* me



## PHYSICAL DEVELOPMENT TIPS

- Encourage your child to dress and undress themselves, even with clothes that have zips and buttons.
- When out and about, encourage your child to run up and down hills.
- Play whole body action rhymes such as Heads, Shoulders, Knees and Toes (if you don't know this rhyme, look it up on YouTube).
- Play tennis with a balloon and fly swat or cardboard tube.
- Encourage your child to help with sweeping the floor, hoovering, carrying toy boxes and shopping bags.
- Give your child objects to stir in a saucepan such as conkers, corks and rice, which they can scoop and pour into different size containers.
- Rip up paper together, this will strengthen your child's wrist movements.
- Draw patterns in mud with your child.
- Make up fun movements for your child to copy.





## “what I like”

- To run, jump, skip, hop and climb outdoors.

## “what I can do”

- Climb up and jump off a low object.
- Negotiate space successfully when playing chase and stop games.
- Respond to music by moving my body rhythmically.
- Catch and kick a large ball.
- Cut along a line.
- Draw horizontal and vertical lines and a circle.
- Put most of my clothes on myself.
- Use a tissue to wipe my nose.
- Wash my own hands with soap and dry them myself without help.
- Feed myself with a spoon and a fork and pour my own drink.

## \* Did you know?

The most advanced level of movement, is the ability to stay completely still.

This leaflet is from a series of seven, each leaflet covers a different age range, from birth to four years plus. Children develop at their own rates and in their own ways. The ages are suggestions of typical ranges of development. If you have any concerns about your child's physical development, speak to your GP, health visitor, or someone at your Sure Start Children's Centre.

You can find all the leaflets and links to other useful websites online at

[www.surreycc.gov.uk/earlylearning](http://www.surreycc.gov.uk/earlylearning) 

