

# Play to Learn

A fun, active approach to learning



*We can give children the desire to succeed at things we want to teach them - by making early learning experiences interesting, successful and fun. Forcing academic tasks on unready brains risks extinguishing the candle of intellectual excitement, particularly for children who are on a different developmental timetable. Nobody wants to enter an arena where he has repeatedly suffered a knock-out punch.*

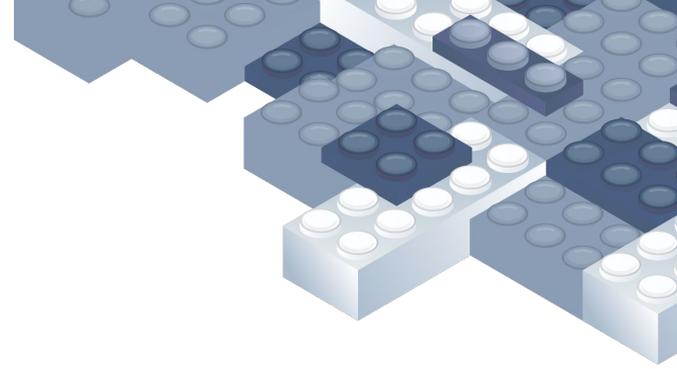
- Healy



# **Movement has FIRST call on brain activity**

Movement allows children to become aware of their body parts, physical abilities and limitations.

Children discover new things as they learn new movements.



# Encourage Gross Motor Skills

Encourage your child to:

- Hop
- Dance
- Play catch
- \* Gallop
- \* Jump over objects
- \* Ride a bicycle
- \* Skip (with/without a rope)
- \* Climb jungle gyms
- \* Jump on a trampoline



# Games to play with beanbags

- Throw and catch - underarm and overarm
- Balance the beanbag on the head, arm, hand, shoulder while walking
- Throw the beanbag in the air, clap, catch the bag
- Throw the beanbag in the air with the left hand, catch with the right hand
- Crawl while balancing the beanbag on the head, back
- Throw the beanbag through a hoop into a basket
- Pick beanbags up with toes and drop into a basket

*Why beanbags?*

*They don't bounce or roll, are colourful, easy to catch, easy to wash*

# Skipping Rope Rhymes

Encourage the development of the working memory by saying rhymes while skipping.

- Salt, mustard, vinegar, pepper  
I'll write my friend a long, long letter  
Salt, mustard, vinegar, pepper
  
- 2, 4, 6, 8  
Mary's at the garden gate  
Is she early, or is she late?  
2, 4, 6, 8

# Working on Fine Motor Skills

Fine motor skills involve performing precise actions. They are the result of well developed gross motor skills.

Support your child in developing their fine motor skills by:

- Tracing and painting along lines
- Playing with play dough
- Shredding paper into small pieces
- Cutting pictures out of magazines
- Tying and untying shoelaces
- Sorting buttons, bottle tops, lego pieces according to size/colour
- Fasten and unfasten buttons