

# Physical Development

## Moving and Handling



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|--|---|---------------------------------|
| <p>The activities below are graded according to difficulty. Begin with the activity described in step 1. Move on to the next step only when the child shows confidence and success. You may find that the child progresses through the first steps quickly. It is important to provide opportunities for the child to practice the activities daily. This will maximise their development and secure the memory of specific movements.</p> |   | <p><b>Card</b><br/><b>1</b></p> |
| <p><b>Observed Behaviour</b></p>   | <ul style="list-style-type: none"> <li>• Walks awkwardly or frequently trips.</li> <li>• Prefers to run rather than walk.</li> </ul>  |                                 |
| <p><b>Focus</b></p>  | <ul style="list-style-type: none"> <li>• To improve balance and stability.</li> <li>• To slow gross movements.</li> </ul>   |                                 |
| <p><b>Activity/ Strategy</b></p>   | <p>To walk along a straight line with controlled movements.</p> <p><b>Step 1</b><br/>The adult designs a straight pathway using two strips of masking tape about 20cm apart within the indoor or outdoor environment. The adult asks the child to walk between the lines. The child is encouraged to stay on the pathway, walking between the two strips of tape. Initially the child may need some help. Remember to make it a game, use the child's interests.</p> <p><b>Step 2</b><br/>The adult supports the child to walk backwards along the pathway between the lines.</p> <p><b>Step 3</b><br/>The adult reduces the width of the pathway.</p> <p><b>The Challenge</b><br/>Design a curved pathway and eventually a route for the child to follow either within the indoor or outdoor environment.</p> <p><i>Continued overleaf</i></p> |                                 |

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| <b>Assessment</b> | <ul style="list-style-type: none"><li>• Observe the child completing the activities offer praise and reward for success. Set achievable challenges e.g. how far can you get without wobbling off the line?</li><li>• Use the itkit intervention record to record observation and evidence progress.</li></ul> |
| <b>Outcome</b>    | Child walks with more control around the environment  |
| <b>Resources</b>  | <ul style="list-style-type: none"><li>• Masking tape or similar</li><li>• Itkit intervention record</li></ul>   |