

Fine Motor Skills Parent workshop

14th November 2025

Motor Skills

- ▶ Acquiring motor skills is just one part of children's development.
- ▶ Mastering both fine and gross motor skills are important for children's growth and independence.

Gross Motor Skills: movements related to large muscles such as legs, arms, etc.

Fine Motor Skills: movements related to smaller muscles such as wrists, hands and fingers.

Gross motor skills!

- ▶ Children need their gross motor skills to run, jump, climb etc. This encourages fine motor skills

Ideas to develop gross motor skills

- Jumping on trampolines
- Hopscotch
- Playground play
- Bikes and Scooters
- Dancing
- Obstacle courses.
- Circular activities e.g. shoulders
- Supporting their own weight e.g. push ups/balances/
- Wheelbarrow races



Fine motor skills!

- ▶ Children use their fine motor skills when writing, holding small items, buttoning clothing, turning pages, eating, cutting with scissors, and using computer keyboards.
- ▶ Mastery of fine motor skills requires precision and coordination.



Children's hands

► Child in the Early Years



► Child in Year 2



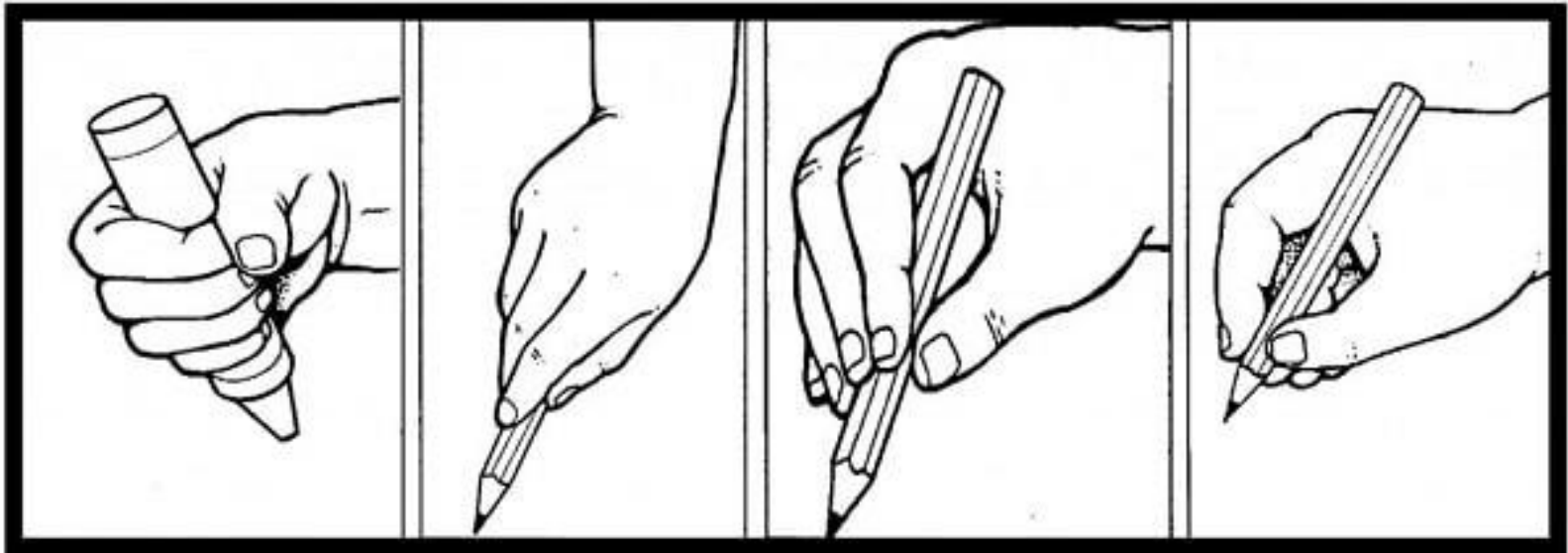
Learning how to write



Before expecting
your child to
write...**THINK**...Do
they know how to
hold a pencil
correctly?

**How does your child hold a
pencil?**

Pencil grip stages



Fist grip
1-1 1/2 years

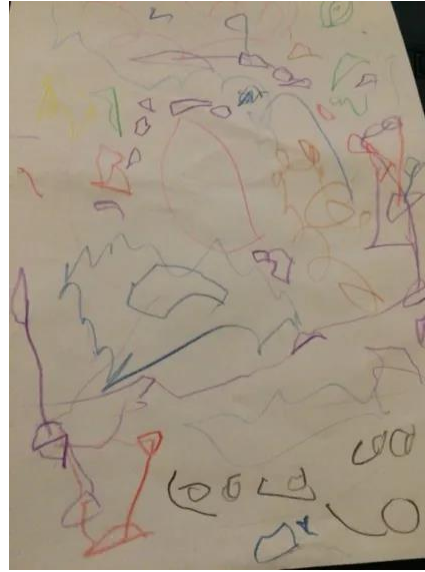
Digital grip
2-3years

**Modified
Tripod grip**
3- 4 years

Tripod grip
4-7years

Children who are still developing their pencil grip will need to develop their fine motor skills.

Pencil control

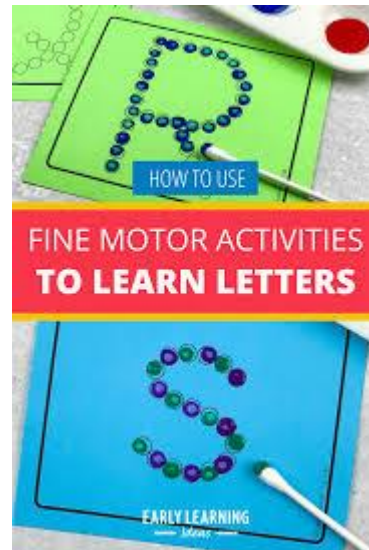
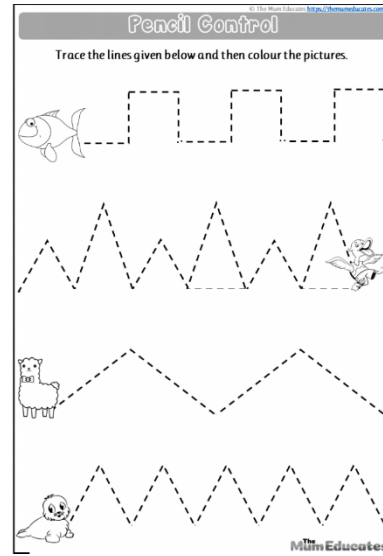


Sp maths No work
I it to
phg cat q
bt ti + z

We workt to
Tesco and we looked
ato the uvns. we
made sum bred then
We shapet it into a
Serkl. Next Richard

► Some activities to develop these skills:





Messy play Ideas

Dough dance/finger gym routine | Down in the Jungle | Nursery rhyme with playdough



Key Messages

- ▶ Children need to develop their Gross motor skills before they develop their fine.
- ▶ Is your child ready to be writing letters?
- ▶ To improve handwriting you do not need to be sitting down doing handwriting.
- ▶ Writing- Start big and get smaller!
- ▶ Developing fine motor skills should be fun!

Stay and Play Session

- ▶ Enjoy trying the fine motor skills activities with your child.
- ▶ Feel free to ask any questions.
- ▶ Please do not use your phones in the classrooms.
- ▶ Please do not take any prams into the classrooms.
- ▶ At the end come back into the hall to complete a feedback form