

Healthy Movers

Steering



**Photocopy me to share
with parents and carers**

Parents/Carers

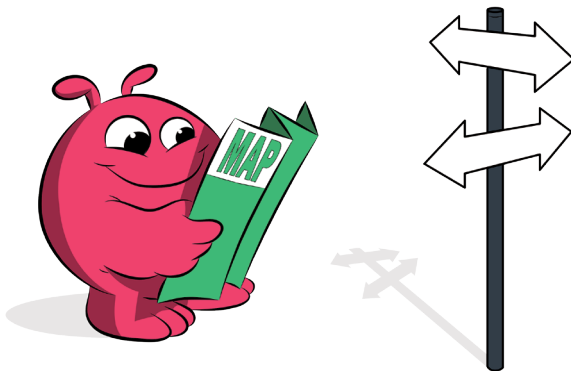
This week we are playing the Steering activity card. This will allow children to control objects with their hands, bats and feet by steering them on the floor. This helps children to control objects and create pathways by finding space.

Ask your child to show you:

- ☐ how they can steer a ball around with their hand; you can use crumpled up paper as a ball if you need to;
- ☐ how they can steer around objects; place some cushions or boxes on the floor.

Join in with them; children love to see adults having a go. Maybe you could have a race!

Encourage the children to practise this object control each day; repetition will help them become more confident and will help them develop good awareness of space.



Healthy and Happy me

The Steering activities provide opportunities for children to succeed and feel good about themselves.



Social me

The Steering activities help children to negotiate space.



Physical me

Playing these activities provides opportunities for children to develop their object control and manipulation skills, with their hands and their feet. This includes stopping, steering, striking, dribbling and kicking.



Creative me

These activities support imagination and role play.



Thinking me

These activities help children with planning and decision making.



Did you know?



"Physical activity in the early years can help with problem solving skills as they get older. Providing opportunities for children to have hands on experiences to work out how things work, what they will and will not do, to be able to compare movements, actions will all help them to develop reasoning, logic and thinking abilities."

Shiree Babbington