



Physical development

How music and movement activities support the development of fine and gross motor skills

Musical activities provide children with lots of opportunities to develop and practise both their gross and fine motor skills.

Music and movement are an excellent way for children to acquire and develop fine and gross motor skills. Many children find music and movement fun and highly engaging. Whether at home, nursery or school, indoors or outdoors children can practise their skills whatever their current stage of development maybe. Children will naturally repeat what they know and can do very well over and over. It is good to throw in a new challenge to keep their skill development progressing and also provide a new goal for the child to achieve. A child's gross and fine motor skills need to be considered side by side as they heavily influence each other.

| | Skill progression | Experiences to support development at this stage |
|--------------------------|---|---|
| Beginning... | <p>In response to music</p> <ul style="list-style-type: none"> Moves whole body Claps hands together Shakes, taps musical instrument with one or both hands | <ul style="list-style-type: none"> Play a wide range of genres of music – move in time to the music, model what to do Sing nursery rhymes and action songs Have available homemade instruments and real instruments whilst music plays, model how to play |
| Then Moving On... | <p>In response to music</p> <ul style="list-style-type: none"> Moves whole body in a variety of ways in time to beat / rhythm Claps hands in time to beat/rhythm Shakes, taps, strikes an instrument with control using one or two hands simultaneously | <ul style="list-style-type: none"> Play music with a strong beat e.g. marching songs Move, clap, and play to nursery rhymes such as The Grand Old Duke of York Use ribbons on sticks, scarves, long socks to make whole body movements whilst music plays. Make patterns – up and down, circles, side to side Tap on tin cans, upside down buckets, tabletops in time to the beat. Use spoons, straws spoons etc. as beaters |



| | Skill progression | Experiences to support development at this stage |
|-------------------------------|--|--|
| To More Complex Skills | In response to music <ul style="list-style-type: none"> • Taps instrument with control in time to beat / rhythm • Moves in time to music and plays instrument, keeping the beat/ playing rhythm • Makes up own dance, changes movement with control • Operates equipment to listen to /record music | <ul style="list-style-type: none"> • Using music with a strong beat encourage children to beat in time to the music with a beater on upturned margarine tubs, buckets, tins etc. Add challenge by using two beaters and using alternate hands. Further increase challenge by using music which changes its speed and dynamics. • Try moving to the beat and playing an instrument at the same time. • Use music which changes in mood and/or speed to encourage children to move in different ways. Encourage jumps, twirls, skips, hops, rolls, leaps, • Allow children opportunities to record and film their music making and dancing using ipads, cameras etc. Encourage them to talk about their efforts and make changes in response. • Give children opportunities to use equipment to select music they want to listen to |

Story books with a link to music and/or movement

- Giraffes can't dance by Giles Andreae and Guy Parker-Rees
- Dancing Larry by Daniel Pinkwater
- The conductor by Laetitia Devernay
- We're going on a bear hunt by Michael Rosen
- The Big Snuggle-up by Brian Patten and Nicola Bayley
- Farmer Clegg's Night Out by Peter Bently and Jim Field
- 'Oliver' series by Mara Bergman and Nick Maland
- The Great Snortle Hunt by Claire Freedman
- One, Two That's My Shoe! by Alison Murray
- Hickory, Dickory, Dog by Alison Murray
- The House That Zac Built by Alison Murray

Songbooks

- Bobby Shaftoe Clap Your Hands: Musical fun with new songs from old favourites by Sue Nicholls
- Lively time Playsongs by Sheena Roberts
- Michael Finnigin, Tap Your Chinigin: Developing music skills with new songs from old favourites by Sue Nicholls
- Okki-Tokki-Unga: Action Songs For Children by Ana Sanderson, Beatrice Harrop and David McKee
- Playsongs by Sheena Roberts
- Sleepy time Playsongs by Sheena Roberts
- Tam tam tambalay! : and other songs from around the world by Helen MacGregor
- This Little Puffin: A Treasury of Nursery Rhymes, Songs and Games by Elizabeth Matterson
- 50 Fantastic Ideas for Songs and Rhymes by Helen Battelley

Useful websites

- www.kidsmusic.co.uk
- www.youtube.com/watch?v=F9AxMQibZGA BBC link to nursery rhymes
- www.bbc.co.uk/teach/bring-the-noise
- www.musicandmovement.org.uk/learning-resources/themed-activities

