

Foundation Skills

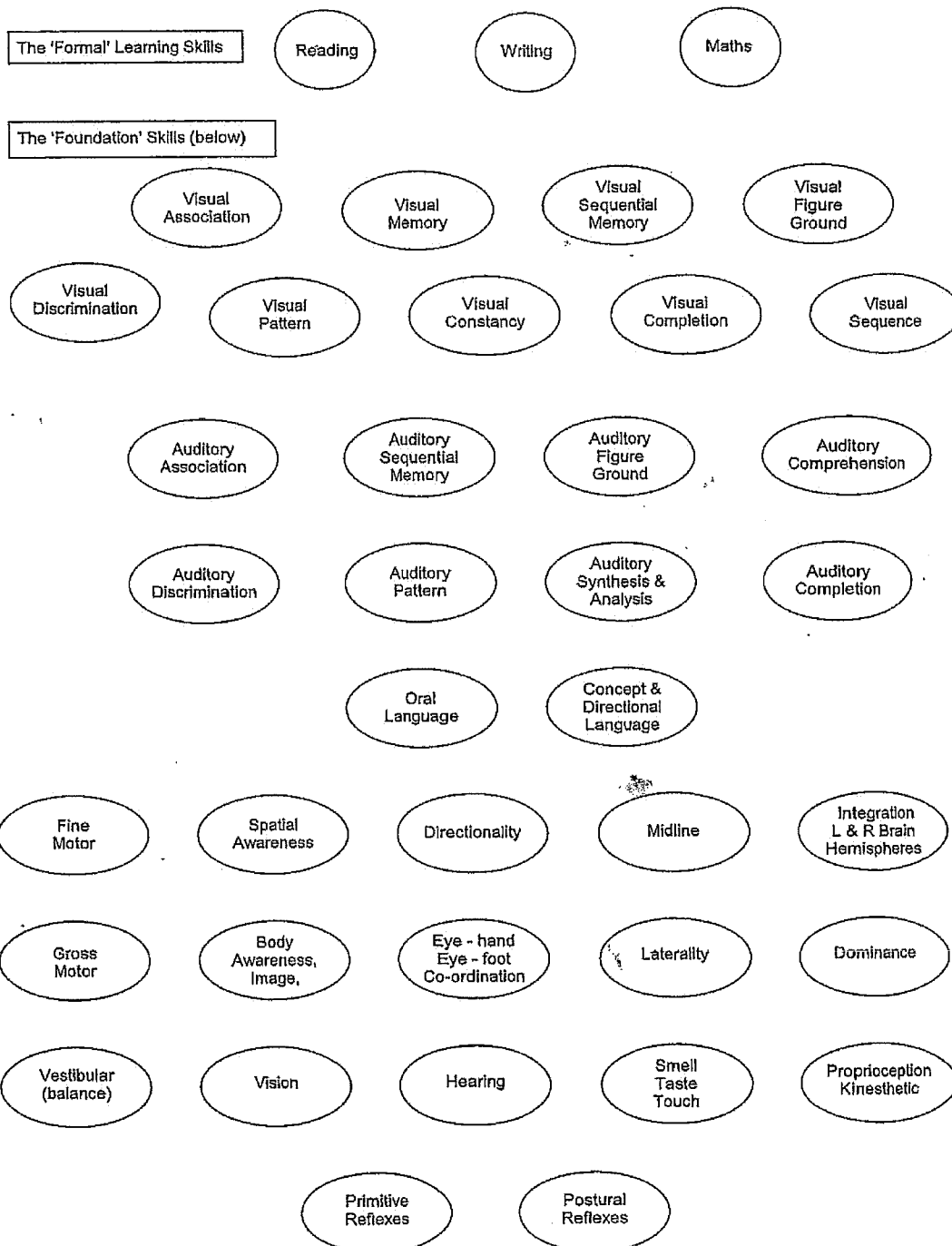
Foundation Skills: An overview of the pre-requisite skills for reading, writing and maths. We can help development in these areas if we focus first on the foundation skills that underpin all formal learning.

The development of foundation skills for formal learning is sequential:

7. Reading, Writing and Maths
6. Visual Skills
5. Auditory Skills
4. Oral Language Skills
3. Motor Development
2. Sensory Integration
1. Reflexes Integration



Get Ready For School : The Foundation Skill 'Plugs' in the bucket.



When the brain has been provided with a wide range of movement patterns, sensory activities and language, the brain will develop a rich network of nerve patterns and literally be “wired for learning.” We recommend an approach where everyday, children participate in guided play to provide opportunities for your child to practice movement, sensory and language activities. “A little and often” is the trick.

When watching the DVD Get Ready for School you may wish to take notes and identify the skills that will be developed by playing the games below, by showing a tick in the appropriate column.

Games and Activities that help to develop foundation skills:	Reflexes Integration	Sensory Integration	Motor Develop.	Oral Lang. skills	Auditory Skills	Visual Skills	Reading, Writing & Maths
<ul style="list-style-type: none"> • Crawling activities- pretending to be an animal, crawling under things, along ladders, along the top of monkey bars • Playing tag where you must move around in a certain way i.e. everyone must move around only hopping, or doing the crab crawl, or tip toeing, or doing bunny hops etc. • Playing with hoops: <ul style="list-style-type: none"> – using them to jump between, – having them as home as part of tag, – using them to pull over your body, – to place different body parts inside and out of. • Jumping from hoop to hoop • Pulling themselves along a rope on a trolley • Seal rolls with a long body – eyes open and closed • Play Twister • Playing balancing activities that include: <ul style="list-style-type: none"> - Walking along a beam - Standing on one leg - Walking along a line - Walking heel to toe - Hopping • Playing on a playground: <ul style="list-style-type: none"> - Spinning on ropes or poles - Hanging upside down off bars - Swinging on the monkey bars - Swinging between monkey bars (brachiating) - Crawling across the top of monkey bars - Pulling themselves along poles, on top and underneath • Turning on a chair lying down or sitting • Pulling themselves along a rope on a trolley • Playing on a hopper or a pilates ball – rolling on tummy, back and picking up things on the other side, standing on the ball with support • Focussing on something moving across them and towards them with maintained focus (whilst keeping head still) • Catching bubbles with a small stick • Dropping and watching feathers float to the ground • Catching scarves before they float to the ground • Copying oral simple listening activities – reciting a small list of numbers in order to see how many they can remember. • Following simple oral instructions. • Sing / chant echo songs / rhymes. • Playing with sand in trays • Finger painting 							

<ul style="list-style-type: none"> • Play with coloured slime – hands and feet • Treasure hunt where children find things buried in flour or a sand pit • Being able to grip small things, pinch small things using fingers or tweasers. • Play fishing game where have a paper clip on the end of string and have to pick up fish that have magnets attached. • Play Operation board game – junior version. • Play Buckaroo board game. • Play Tiddly Winks board game. • Funny walks - Walking with knees together, on heels, crossing legs over, squatting, big steps forwards, sideways and backwards. • Jumping on a tramp – as high as they can, and tap their heads, tummy etc • Painting with house paint brushes – using water – getting children to paint the house or deck also helps to cross midline • Drawing with chalk on concrete • Balancing objects like bean bags (or bags of rice) on their backs, knees, neck etc • Water Play: <ul style="list-style-type: none"> - Pouring water into different containers. - Carrying buckets of water whilst walking forwards, sideways and backwards, turning around. • Dancing: <ul style="list-style-type: none"> - With ribbons or scarves moving sideways, high low etc - Action dances such as the Hokey Tokey and Ring-a-ring-a rosies. • Balloon play: <ul style="list-style-type: none"> - hitting it with hand, or other body part - hitting it with a spatula or wooden spoon • Ball play: <ul style="list-style-type: none"> - Throwing balls into a basket, into hoops and from facing forwards, sideways and backwards - Throwing balls to another person - Catching balls - Piggy in the middle - Rolling ball to another person or into a wall so it bounces back - Bouncing balls with different hands, hard, soft, into hoops etc. - Kicking balls; with different feet, whilst running, against a wall, to another person. • Putting different body parts in and out of hoops or boxes • Egg and spoon races / activities • Lying on the ground and making angels by opening arms and legs, at the same time and different times • Simon Says – do activities that touch different body parts for body awareness and that involve touching opposite sides for crossing of the mid line • Tapping foot with opposite hand • Lazy 8's – doing a thumbs up with your arm extended and look at your thumb and pivot your body as you do large 8 shapes. • Climbing • Arranging shapes in relation to yourself and getting children to copy this 							
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