



Finger Gym Plan - Physical

| Intended Impact (Development Matters) | Implementation | Metacognition |
|---|---|---|
| To support children in their ability to: <ul style="list-style-type: none"> • Use one-handed tools and equipment, for example, making snips in paper with scissors. • Use a comfortable grip with good control when holding pens and pencils. • Show a preference for a dominant hand. | Children will be supported to exercise their fingers in different ways, extending their dexterity and strengthening muscles in the hand. Adults will demonstrate, guide and inspire children to move their fingers in creative ways, e.g. to music, in response to fairy dust . . . whilst specifically concentrating on muscle control and strength. | <ul style="list-style-type: none"> • Zoom in • Respond • Use |
| P4C | Children are encouraged to integrate Caring, Collaborative Critical and Creative thinking into their finger gym sessions | |

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