

OLQP Playgroup and Occasional Care at the Playground

This week we have enjoyed having Playgroup at the playground. We had a lot of fun playing on the playground, we also enjoyed singing, reading and blowing and catching bubbles while we were there. During Occasional Care this week, we went on an excursion to the playground. We walked safely as a group to and from the playground and we had a lot of fun swinging, sliding, climbing and spinning on the playground.

Play is important in the development of children's fine and gross motor skills. Through play, children practice the control and coordination of large body movements (gross motor skills), as well as the coordination of small muscle movements (fine motor skills).

Some of the **gross motor skills** that we used at the playground included walking, swinging, sliding, climbing, running, jumping and these skills all help to develop balance, coordination and core strength.

Some examples of **fine motor skills** that we used at the playground include climbing ladders or ropes or slides, hanging on bars, using our hands to grasp playground equipment or bubble containers and wands, playing with the small moveable puzzles on the playground. Doing these activities help children to develop the muscles in their hands to grasp, develop postural control and stability. The development of fine motor skills also helps children to perform self-care tasks such as brushing their teeth, getting dressed, feeding themselves, as well as drawing and writing.

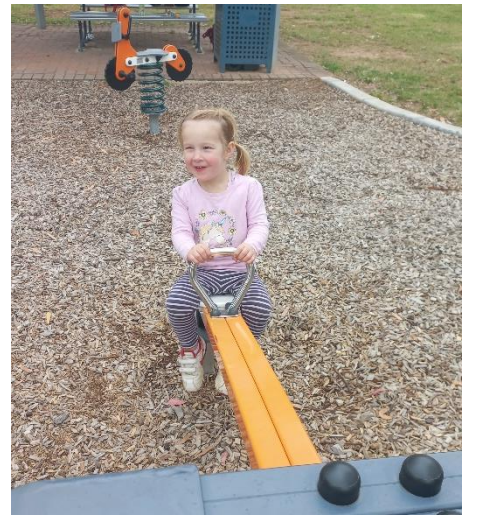
Children also can learn a lot of other skills while playing at the playground such as balance, social skills – getting along, taking turns, problem solving, spatial awareness, persistence and learning about the capabilities of their own bodies. Playgrounds also allow children to participate in some risky play which allows children to recognise their limits and how to deal with risk in the future.

Developing our Gross Motor and Fine Motor skills is an important part of the play and learning that we do at OLQP Occasional Care and Playgroup each week.

Look at how much fun we had!







If you would like to join in the fun with us!

Playgroup is on Wednesdays 9-10.30am
Occasional Care is on Tuesdays 9-12pm for children 3-5yrs

For more information see flyers below regarding Playgroup and Occasional Care
or contact Rachael on rstathis@olqp.catholic.edu.au