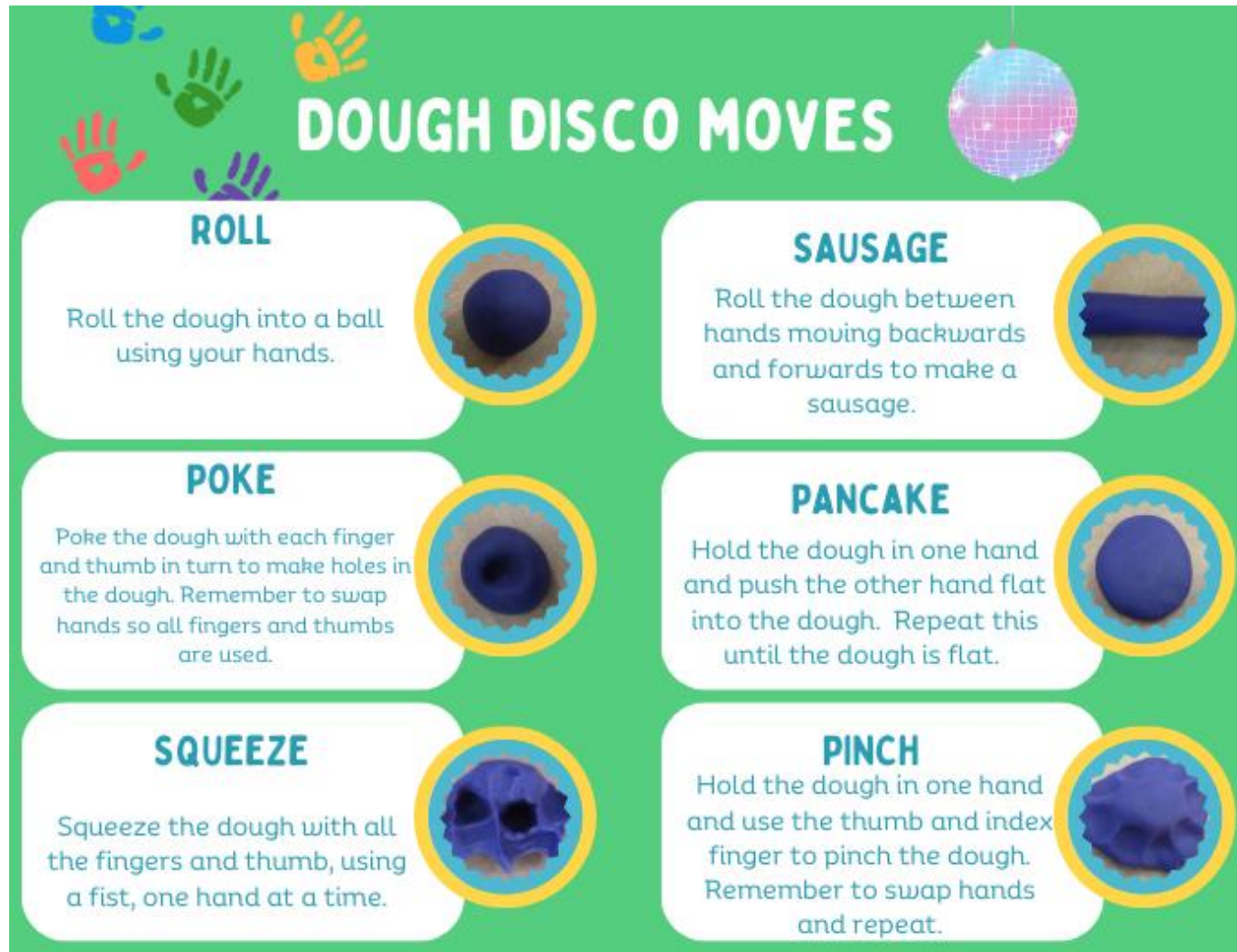


## Dough Disco in Early Years

Dough Disco™ is an exercise that sets out to improve fine and gross motor skills created by Shonette Bason. A study on brain development showed that the fingers are one of the last things the brain controls during child development. In order to write effectively, children need to have strong muscles in their hands and fingers. Dough Disco™ helps children to strengthen the muscles in their hands ready for writing.



Dough Disco helps children to develop their **Gross Motor Skills** and **Fine Motor Skills**, in order to prepare them for writing.

Gross and Fine Motor Skills fall under the Physical Development area of the Early Years Framework.

Gross Motor Skills and Fine Motor Skills are inextricably linked. It is important that children are given opportunities to develop their Gross Motor Skills before focusing on their Fine Motor Skills. Fine Motor Skills help with hand-eye co-ordination which is later linked to Early Literacy.

Three & Four Year olds will be learning to:	Children in Reception will be learning to:	Early Learning Goal:
Continue to develop their movement.  Use large-muscle movements.  Increasingly able to use and remember sequences and patterns of movements which are related to music and rhyme.  Show a preference for a dominant hand.	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions.  Develop their small motor skills so that they can use a range of tools competently, safely and confidently, such as pencils for drawing and writing.	Combine different movements with ease and fluency.  Develop overall body strength, balance, co-ordination and agility.  Develop the foundations of a handwriting style that is fast, accurate and efficient.

	Autumn Term	Spring Term	Summer Term
Reception	<p>I can grasp and release with two hands.</p> <p>I can begin to focus on balance and movement.</p> <p>I can show a preference for a dominant hand.</p> <p>I can manipulate a range of tools and equipment in one hand.</p> <p>I can develop spatial awareness.</p> <p>I can begin to form recognisable letters independently.</p>	<p>I can manipulate a range of tools and equipment in one hand.</p> <p>I can handle a range of tools competently, safely and competently.</p> <p>I can use a pencil and hold it effectively.</p> <p>I can form recognisable letters independently.</p> <p>I can handle objects, construction and malleable materials safely and with increasing control and intention.</p>	<p><b><u>Gross Motor Skills ELG</u></b></p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p><b><u>Fine Motor Skills ELG</u></b></p> <p>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</p> <p>Use a range of small tools, including scissors, paintbrushes and cutlery.</p> <p>Begin to show accuracy and care when drawing.</p>