

## How many nursery rhymes do you know?

Twinkle Twinkle Little Star		
If you're happy and you know it		
Hickory Dickory Dock		
Incy Wincy Spider		
The Wheels on the Bus		
Round and Round the Garden		
Wind the Bobbin Up		
Un bys, dau fys, tri bys yn dawnsio		
The Grand Old Duke of York		
Heads, shoulders knees and toes (now try this in Welsh too: Pen, ysgwyddau, coesau a traed, coesau a traed)		

By singing and encouraging your child to do the actions to the above songs you are helping to support their physical literacy. They are gaining control and co-ordination in large and small movements, supporting fine and gross motor skills. They are building a foundation of basic movements such as clapping, crawling, rolling, jumping and hopping while safely negotiating space. By incorporating scarves or batons, you can also support and strengthen hand/arm control.