



Foxborough
Primary School

Common Road, Slough, Berkshire, SL3 8TX

Telephone : 01753 546376 | www.foxboroughprimary.co.uk | post@foxboroughprimary.co.uk

15th September 2026

Dear Parents and Carers,

This year, all children in Badger Class will be taking part in our **School Readiness Programme**. The programme is designed to support children's physical development and help them build the skills they need for successful learning in the classroom.

Last week, under the supervision of our Occupational Therapist, the children completed a range of simple movement activities to help us understand their current skills. These included balance, coordination, crawling, crossing the body's midline, finger movements, and other physical development tasks.

What will the children be doing?

Every day, all the children will spend around **10 minutes each morning** taking part in a series of fun movement activities together as a class. These activities are designed to develop coordination, balance, body awareness, and the connections between the two sides of the brain.

The activities include:

- Marching on the spot while touching the opposite knee.
- Jumping and switching arms and legs.
- Following movement directions such as forwards, backwards, left and right.
- Rolling from side to side.
- Working with a partner to push hands together.
- Finger and thumb coordination exercises.

How can you help at home?

You can support your child's development by encouraging plenty of active play and movement. Some simple ideas include:

- Marching and touching opposite hands and knees.
- Playing games that involve hopping, jumping, balancing, and skipping.
- Crawling forwards and backwards through obstacle courses made from cushions or furniture.



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- Playing catch and other ball games.
- Encouraging drawing, colouring, building with blocks, or threading beads to strengthen finger control.
- Practising finger-tapping games, such as touching each finger to the thumb one at a time.
- Spending time outdoors climbing, running, and exploring.

These activities can be done for just a few minutes each day and can make a positive difference to your child's physical development.

Looking ahead

Children will continue with the programme throughout the year and will be rescreened during the summer term so that we can measure their progress. We hope this programme will help children build confidence, coordination, and the skills they need to thrive in their learning.

Thank you for your support.

Yours faithfully

Ms Jay Johannessen
SENCo