
Children's Play, Learning & Development Summer Tasks 2024

Children's Play Learning and Development Summer Preparation Work

Before you start in September, we would like you to complete several activities that will help you when you are studying the CPLD course.

There are **five tasks** for you to complete.

Remember

Do not copy and paste any text... it MUST be in your own words

You may copy and paste pictures where appropriate



Task 1

Physical Development

For our CPLD course, children's development will be subdivided into five broad areas: physical development, cognitive development, language development, emotional development, and social development.

For your first task I would like you to focus on physical development. Physical development is also known as motor development, and it concerns the way that children develop physically and learn to move and coordinate their bodies.

- **GROSS MOTOR SKILLS** are those which are associated with large movements of whole limbs e.g., sitting up, crawling, standing, walking, running, climbing etc.
- **FINE MOTOR SKILLS** are movements that use the small muscles and are used to coordinate fine manipulative movements such as picking up something small, holding a pencil etc.
- **LOCOMOTIVE SKILLS** are required to move the body and allow for the ability to balance.

Use links below and your own research to create a colourful timeline that shows the expected **physical** development in babies from 0 - 12 months.

On your work make sure that you:

- Define physical development
- Show key milestones of development
- Recognise both gross and fine motor skills

Links to help you with the task:

- ⇒ <https://www.nhsggc.org.uk/kids/child-development/interactive-child-development-timeline/>
- ⇒ <http://www.earlyyearsmatters.co.uk/our-services/school-and-nursery-support/early-years-adviser/child-development-2/>
- ⇒ <https://www.elc.co.uk/c/learning-skills/fine-motor-skills>



Task 2

Montessori Education

Research the Montessori method of education.

Your task is to create a colourful and informative fact sheet about the Montessori Method of education.

On your fact sheet you need to include information on:

- Who developed this approach (include a brief history)
- What the main features of Montessori education are
- Any local childcare settings that follow the Montessori ethos with some examples of things that they might do at that setting



Task 3

Importance of Sleep

Create a large colourful poster aimed at parents of children aged 0-8 years about the importance of sleep.

Your poster should:

- Have the title **The Importance of Sleep for Children**
- Explain the benefits of sleep on concentration, memory and learning, immune system, obesity, behaviour
- Suggest how much sleep is appropriate
- Describe how parents can tell a child is tired
- Explain in detail how parents can encourage good sleep patterns in children (bedtime routine)
- You will need to show the difference in the sleep needs for very young babies and older children.

Links to help you with the task:

⇒ [Children - The Sleep Charity](#)

⇒ [Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](#)

⇒ [Sleep and young children - NHS \(www.nhs.uk\)](#)



Task 4

Child Development-Health and Well Being

Many serious childhood infections can now be prevented through children receiving a vaccine. This is known as vaccination. When children are vaccinated against a disease, the body creates necessary antibodies so that if they are exposed to the disease, they are immune to it.

Task

1. Use the links below and your own research to find out about the vaccination programme in the UK
2. Create **your own table** that shows the vaccinations and ages that babies and young children up to 8 years of age receive them.
3. Add a section that explains why it is important for children to receive the vaccinations and the potential consequences to them and others if they do not have them

NB DO NOT JUST COPY AND PASTE - YOU MUST CREATE AN ORIGINAL TABLE, ADD SOME PICTURES IF YOU CAN

Links to help you with the task:

⇒ <https://www.nhs.uk/conditions/vaccinations/>

⇒ [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](#)



Task 5

Work Placement Letter

Draft a letter to a prospective work placement manager requesting that you come to them for a weekly work placement.

For the CPLD course you need to complete a placement for at least 50 hours over the two years, in a childcare setting. This will help you to relate theory to practice and enable you to complete your portfolio work effectively.

In addition to drafting a letter it would be useful if you could explore some possible work placements. Nursery schools are an obvious choice but some of you may like to consider go to a primary school or pre-school.



All tasks need to be completed for September and brought to your first lesson OR emailed directly to me by the start of term

phillips.j@myton.co.uk