**Summer 1 Meaningful Homework: How does playing in a sandpit contribute to childhood development?**

**Task:** Play a board game with family members, carers or peers. Whilst you are playing the game, make a note of any aspects of development that you think are being developed as a result of playing the game. Consider physical, cognitive / intellectual, communication and language, social and emotional factors which are developed.

Then, write a detailed account of how playing a board game would promote the different areas of development for a 5 year old.

**Guidance:**

- Choose any board game which encourages you to play against other people

- Create a table with the headings physical, cognitive / intellectual, communication and language, social and emotional and identify when and how each of these arise with examples during the board game

- 4 detailed paragraphs (one for each area of development) describing how the board game promotes development in 5 year olds.

**Success criteria:**

- I have identified the impact of a board game on promoting the different areas of development

- I have examined in detail how playing a board game promotes physical, intellectual / cognitive, communication and language and emotional and social development within a five year old child.

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| **Area of development:** | **Description:** |
| **Physical** | Playing in a sand pit leads to physical development by improving hand eye coordination, fine motor skills and grip strength which is achieved by filling buckets and pouring sand. When children use the different tools like the shovels and the rakes to move the sand this also develops their physical skills. Gross motor skills are also developed when walking in and around the sand pit. This is because it involves climbing, walking and running which as sand is an uneven ground it helps to develop their balance and coordination. It also develops the concept of touch for the children as the texture of the sand can be a sensory experience for the children. |
| **Intellectual / cognitive** | Playing in a sand pit also develops cognitive skills such as decision making, planning and problem solving as children can use the sand to create patterns and structures which makes them think logically and creatively. Sand offers a unique sensory experience, allowing children to touch, feel, and manipulate it. Sensory play is essential for cognitive development as it helps children understand and process information about their environment. Sand can be used for simple math activities like counting, measuring, and comparing quantities. Children may count the number of scoops, compare the size of sand piles, or create patterns and shapes in the sand, all of which introduce them to basic mathematical concepts. |
| **Communication and language** | Sandpits offer a rich sensory experience, allowing children to explore various textures and objects (like buckets, shovels, and molds). During play, they may encounter new words to describe these textures and items, expanding their vocabulary. While playing in the sand, children may describe what they are doing, what they've built, or what they want to create. This expressive language practice helps them develop the ability to convey their thoughts and ideas. Children communicate not only through words but also through gestures, facial expressions, and body language. Sandpit play provides ample opportunities for nonverbal communication, as children may point, nod, or use other gestures to express themselves. |
| **Emotional** | A sand pit also develops 18 months to 3 year olds emotionally as it can be a calming and soothing sensory experience which helps them to feel more relaxed and regulate their emotions. It also develops their emotional intelligence as they learn to communicate and interact with other children who might be playing in the sand but also to compromise with other children who might be using the tools that they want to use. This also encourages the children to take turns and work collaboratively to build structures and sand castles. Playing in the sand pit also makes children feel ownership and control which develops their self esteem and confidence as they feel responsible for the structures that they have built. |
| **Social** | Sand pit play also leads to social development because it engages the children in cooperative play as they work together to build the sandcastles. This helps to develop their communication skills. They also develop their imagination as they pretend to be at the beach or on a construction site, taking on different roles in pretend scenarios. The sand pit is also a neutral space for children to play no matter what their age or ability where they can choose to engage side by side in parallel play or work cooperatively as a group to build a sandcastle. |