

## Activity: "Using spade to dig hole in ground"👤👤

### Physical Education

- The child develops gross motor skills by using the spade to dig and move the soil.
- Through repetitive digging motions, the child improves strength and endurance in their upper body.
- The activity promotes hand-eye coordination as the child aims the spade at the desired location in the ground.
- By digging holes of different depths, the child learns about measurement and spatial awareness.

For continued development, encourage the child to explore different types of soil and observe how the digging process varies. They can also experiment with different techniques of using the spade, such as pushing or pulling, to dig holes more efficiently.

### Book Recommendations

- [Up, Down, and Around](#) by Katherine Ayres: A delightful book that introduces the concept of planting and digging in a garden through rhythmic text and vibrant illustrations.
- [Wiggling Worms at Work](#) by Wendy Pfeffer: This book explores the fascinating world of earthworms and their role in digging and aerating the soil.
- [How to Dig a Hole to the Other Side of the World](#) by Faith McNulty: Join the imaginative journey of a young boy as he wonders what he would encounter if he could dig a hole all the way to the other side of the world.

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