



Physical Development

Intention

In our delivery we promote and encourage a variety of physical development skills ranging from holding a pencil appropriately to being able to appropriately manage risk. The children will develop good gross and fine motor skills and learn and develop skills such as running, hopping, skipping, climbing, using scissors safely, using cutlery appropriately. Children will also develop good self-care skills.

Implementation

Some examples of how and where we implement physical development skills in our day-to-day activities:

- Toilet training
- We use a wide variety of different tools, materials and medias - we rotate our window displays regularly so that the children's work is presented to parents. Writing and drawing activities relate to the theme of the term. Children will explore a variety of texts and resources.
- Making healthy choices around Breakfast/Lunch/Tea, in order to ensure healthy physical development.
- Hand-washing stations to promote and maintain hygiene within the setting and beyond.
- Exploration of the sandpit – digging (strength and control)
- Playing on the Balance boards (coordination)
- Playing on the Scuttlebug bikes (problem solving, coordination, building strength)
- Play in the Mud Kitchen area

As the children transition from Sparks to Flames room physical development skills are developed further, some examples of activities used to support this include:

- Access to our Forest School
- Children are prepared for life at school, as they develop skills in writing, drawing and use of utensils and cutlery
- Getting ready - shoes and coats. Confidently negotiate space
- Walks into the village - e.g. to Church for harvest in the Autumn
- Using pedal bikes, scooters with helmets

Impact

Children develop strength and coordination in a safe environment.

Children are prepared for life at school, as they develop skills in writing, drawing and using cutlery.

This is a key area for developing childrens' physical health and wellbeing.

Raises awareness and understanding around a healthy lifestyle

