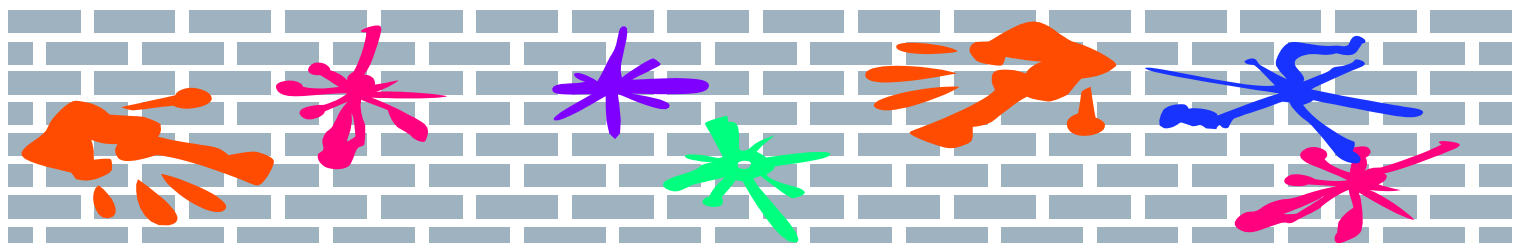


**'Physical
Development
and Movement'
in the
Foundation Stage**



*Building Together in the Foundation Stage
Information for Parents/Carers*



The children will have the opportunity to:-



roll strike
catch jump throw
 skip run
aim balance swing
 climb hop
kick dodge

Experiencing and developing a range of
fundamental movement skills
which will improve:-

locomotion

co-ordination

manipulation

control

balance



Learning Experiences

Use a range of small equipment to develop various skills

Develop confidence and imagination

Increased awareness of safety

Play, create and modify games

Model and develop simple movement strategies and sequences

Take part in warm-up & cool down activities

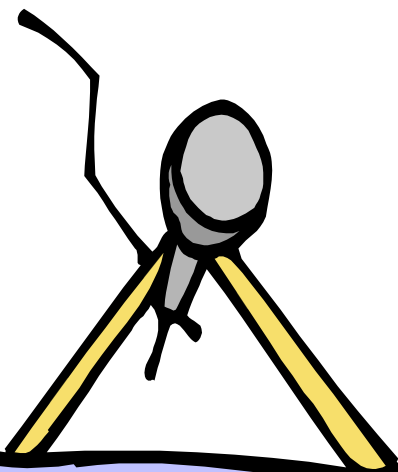
Describe & use a range of movement vocabulary

Extend body awareness and appreciation of space

Move creatively to a range of stimuli

Lift & carry resources safely

Observe, explore & experiment



Ideas for supporting children's physical development at home

- Throwing skills
 - Looking where they are throwing
 - Standing sideways to throw the ball
 - Stretching their arm straight behind
 - Step forwards and throw
- Catching skills
 - Keeping eyes on the ball
 - Moving arms out towards the ball
 - Wrapping fingers round the ball
 - Bringing arms back in again
- Skipping rope and beanbag/cuddly toy activities
 - Jumping over skipping rope laid down in a line (landing knees bent)
 - Jumping into and over skipping rope in a circle (puddle jump)
 - Aiming & throwing beanbag/cuddly toy into 'puddle'.
As children improve, move further back.
- Using dough - Poke, pummel, prod, pinch, roll
- Provide opportunities for child to dress and undress independently
 - Opportunities to bend/ stretch.
 - Work at different levels, etc.