

Policy For Physical Development

Principles

The United Nations Convention on the Rights of the Child (Article 31) insists that: "children have the right to join in a wide range of activities."

Young children's physical development contributes to all other aspects of their development. It takes account of fine and gross motor development, spatial awareness, balance and stamina.

We appreciate that many factors contribute to physical development most importantly healthy eating, exercise, hygiene habits, sleep, rest and the provision of opportunities that children receive in order to be physically active.

Statement Of Intent

In Ballycastle Nursery Unit we feel strongly that children must experience fun, revel in freedom of movement and need space and equipment to play inventively, adventurously and vigorously in order that they may develop confidence, fun, enjoyment and bodily control.

Physical development will be promoted across the whole curriculum and within all play areas both indoors and outdoors. The following gives examples of how this will happen:

Procedures

- We promote fine manipulative skills and hand-eye co-ordination through the use of sand and water activities, large and small construction toys, jigsaws, threading, pegs, writing/mark making tools, painting and other craft activities.
- Through the use of large physical equipment such as the slide, climbing frame, large construction materials, parachute, ride on toys etc children will develop gross motor skills and develop bodily control and skills when climbing, walking, balancing, jumping, running, hopping, crawling, leaping and sliding.
- By introducing ball games to promote throwing, kicking, rolling, aiming, bouncing and catching skills.
- Introduce ring games, drama and movement to music and song to promote gross motor development.
- Provide opportunities for children to build an awareness of space, distance, speed and direction when manoeuvring e.g. obstacle courses, bicycles, classroom layout, hall time etc.
- Through discussions, stories, posters, pictures and themes we will help children identify and understand the purpose of body parts and some internal organs, whilst also recognising the benefits of exercise and healthy eating.

- Provide activities to promote the senses e.g. tasting activities, feely boxes, texture displays and activities, sound/audio tapes, games to promote visual perception e.g. pictorial topic cards etc.