

Physical Development

Physical development is as the title suggests about how young children gain control of their bodies, but it also includes how children learn about keeping themselves active and healthy and how they learn to use equipment and materials successfully and safely.

Physical development is one of the three prime areas of learning within the Early Years Foundation Stage (EYFS), Physical Development is broken down into two aspects:

Moving and Handling

The practitioners provide many opportunities for the children to develop their gross motor skills, such as ribbon dancing, jumping in puddles, climbing trees and den building, which develop their shoulder and wrist movements.

Children also need to develop control of all the smaller muscles which move when we pick something up or put it down. These fine motor skills are developed through activities such as threading, squashing and squeezing clay, which are essential for developing writing skills. This development promotes movement of the fingers enabling children to use small tools such as scissors and develops pencil control which in turn makes mark making possible.



Health and Self-Care

Through health and self-care, children find out about the effects of a healthy life style on their bodies. This includes all the factors that affect healthy development, such as healthy diet; the impact of exercise on their bodies and caring for teeth. In nursery, we give children the opportunity to talk about what they like to eat, whilst practitioners reinforce messages about healthy eating. Children help to prepare their snack which offers plenty of opportunity to discuss healthy choices. We support children's growing independence as they do things for themselves, such as toileting, hand washing and dressing. The children start the day with a wake and shake session and have the opportunity to access outdoor play throughout the session where they are able to partake in many physical activities and challenges in all weathers.

