



Physical development involves providing opportunities for young children to develop their co-ordination, control and movement. Children must also be helped to understand the importance of physical activity and to make healthy choices in relation to food (**Regulatory requirements 2017 Section 1 - The learning and development requirements 1.5**)

Aspects of Physical Development

- **Moving and handling** – ELG4 Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

We often take for granted the way we move about in a crowd avoiding all the people around us – yet little children have to learn skills such as walking, balancing and not bumping into things. As well as developing the gross motor skills required to move about children also need to develop control of all the smaller muscles which move when we pick something up or put it down - these take time to develop and come through using and playing with objects such as spoons, beakers, cars, jigsaws and other resources.

- **Health and self-care** – ELG5 Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

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 including making healthy choices in relation to food. It also includes managing their personal needs, such dressing when it is appropriate.

We do this in various ways including:

- developing and improving co-ordination, control, manipulation and movement
- helping children gain confidence in what they can do
- offering appropriate physical challenges, enough space and time, and a range of resources both inside and outside to develop skills such as climbing, balancing, throwing, catching, manoeuvring wheeled toys:
- encouraging a variety of movement through dance
- developing fine motor skills and hand-eye co-ordination through drawing, cutting, painting, manipulating clay and dough, pouring sand and water, threading beads, construction kits, tools
- providing plenty of opportunities for the children to practice forming letters using sky writing wands, pencils, sand, shaving foam, sand, white boards etc.
- learning about keeping healthy.
- encouraging them to find out about the effects of a healthy lifestyle on their bodies
- encouraging the children to make healthy choices in relation to food
- support with managing their personal needs, such as dressing and using the bathroom independently
- Interacting with 'Harold' the giraffe during the visit from the Life Education Bus.