



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 2021 Section 1 - The learning and development requirements 1.6**)

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness.

Aspects of Physical Development

- **Gross Motor Skills** – ELG6 Children negotiate space and obstacles safely, with consideration for themselves and others. They demonstrate strength, balance and coordination when playing. They move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- **Fine Motor Skills** – ELG7 Children hold a pencil effectively in preparation for fluent writing- using the tripod grip in almost all cases. They use a range of small tools, including scissors, paintbrushes and cutlery. They begin to show accuracy and care when drawing.

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.