

Physical Skills

To provide a variety of opportunities to develop healthy and active bodies. Our focus is on the development of gross and fine motor skills so each child can grow in independence, can explore and make the most of the opportunities, experiences and the environment provided as well as having to cope with the physical demands of day-to-day life.

Our environment and relationships will help the children: -

- Develop good core stability
- Continue development of their balance and co-ordination so they can navigate spaces safely
- Continue to refine gross and fine motor skills and control
- Stay safe and learn to independently manage risks
- Manipulate equipment and tools with increasing level of control and precision
- Participate in physical games and sports
- Understand how we keep our bodies healthy
- Develop and secure their abilities to manage their own personal care needs
- Experience the world around them through their senses

During the first five years of a child's life, their body develops rapidly so it is important that our environment and activities encourage children to develop and refine their gross and fine motor skills. This helps the child's ability to co-ordinate the use of large and small muscles to carry out specific movements. We do this by having lots of activities to promote gross motor skills (climbing frame, messy play, riding trikes and scooters, sand etc) and fine motor skills (painting, pencil work, threading, cutting etc). At the beginning of the session, we all do our 'Wake and Shake' dance to get our bodies warmed up. We encourage lots of outdoor play, let the children help plant fruit and vegetables and discuss/carry out activities on healthy eating and oral health. We encourage the children to be independent by modelling good hygiene practises and encouraging toilet training when ready and putting on and taking off coats and shoes. If any intervention is needed, we use the ECAM monitoring tool.