



ASHGATE NURSERY SCHOOL

PHYSICAL DEVELOPMENT POLICY STATEMENT

Physical Development is a prime area of learning and development in the EYFS. The Statutory Framework for the EYFS states that the educational programme must involve activities and experiences that

“involve opportunities for young children to be active and interactive; and to develop their coordination, control and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.”

At Ashgate Nursery School our aim is to encourage and support children’s physical development in developing body awareness, gross motor control and coordination, fine motor skills and in developing their awareness of healthy practices.

We believe babies and young children learn by being active and good physical development promotes wellbeing and self-confidence in all areas of learning. Good health practices in the early years helps support healthy habits in later life.

Planning

Opportunities for physical development are planned weekly. A programme of gross motor skills is offered on a weekly basis covering balancing, jumping, rolling, crawling and climbing. Ball skills are also regularly available and wheeled toys offered periodically.

Fine motor experiences are available as part of our indoor continuous provision and daily ‘dough disco’ sessions are included at group times to strengthen finger and hand muscles.

Health promotion

Healthy snacks are provided daily and are discussed with children. Baking and growing activities also support their understanding of healthy food choices.

Children need to be able to take risks within a secure safe environment. Regular risk assessments are carried out and safety issues are discussed with children to support them in assessing their own risk.

Young children need long periods outside so we offer a free flow indoor outdoor curriculum.

Providing an enabling environment:

Indoors:

- Tables of different heights for children to sit stand and kneel at to develop core stability
- Floor play opportunities daily with wooden blocks
- Fine motor activities such as jigsaws, small construction, threading, malleable activities, variety of mark making tools to use on large and small scale
- Space for children to dance.

Outdoors:

Fixed trim trail on bark area

Selection of portable climbing and balancing equipment

Selection of balls and bats, hoops

Gardening tools

Wheeled toys

Grass hilly areas for rolling and walking up and down

Large outdoor sand pit

Loose parts materials – large wooden blocks, crates, tubes, drapes etc

Forest School – the nursery offers every 3-4 year old child the opportunity to spend 5 sessions in the woods led by a qualified Forest School leader. This gives opportunity for extending children's physical development as they can experience different terrains and trees, logs etc to climb on.

Role of the adult

Young children need all the adults around them to:

- Understand why physical development is essential and know how to support their learning and development.
- Create a safe environment for children to experiment and explore their movements and bodies
- Value their spontaneous movements, allowing them the freedom to explore their bodies in space and join in their exploration with enthusiasm
- Introduce a vocabulary of movement and body parts
- Give regular practice of skills with progression
- Provide sufficient time and space for all physical development
- Teach and model new fine motor skills
- Take all opportunities to talk about healthy practices
- Work with parents on self care issues and healthy practices
- Observe and assess children 's development and plan next steps
- Ensure all children have appropriate opportunities to develop according to their individual needs

Assessment

Children are assessed termly against the ages and stages of the EYFS. On entry at three years old children have a physical literacy assessment which informs both group and individual planning. Examples of physical development achievements are recorded in children's Learning Journeys.

Following children's assessments in physical development adjustments to planning are made to meet any identified needs.