

Physical Development

Statutory Educational Programme

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** through tummy time, crawling and play movement with both objects and adults.

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their **core strength, stability, balance, spatial awareness, co-ordination** and **agility**. **Gross motor** skills provide the foundation for **developing healthy bodies and social and emotional well-being**. **Fine motor** control and **precision** helps with **hand-eye co-ordination**, which is later linked to early literacy. Repeated and varied opportunities to **explore** and **play** with **small world activities, puzzles, arts and crafts** and the **practice of using small tools**, with feedback and support from adults, allow children to **develop proficiency, control and confidence**.



Our Core Offer

- Experiences to support incremental development of gross and fine motor skills with ample time to revisit and consolidate skills.
- Regular opportunities for sensory exploration, to develop and tone muscles as well as co-ordination and positional awareness.
- Opportunities to play both indoors and outdoors to support development of core strength, stability, balance, spatial awareness, co-ordination and agility.
- Fine motor development opportunities supporting hand-eye co-ordination and control which leads to early writing skills.
- A wide variety of different experiences, large and small scale, allowing children to develop proficiency, control and confidence in their movements.
- Explicit teaching to use tools safely and to notice and assess risk.

Our Curriculum Goals

- I can make big body movements with co-ordination (gross motor skills)
- I can move with balance, agility and spatial awareness (core strength)
- I can use small tools with precision and purpose (fine motor skills)