



## Aspiring Foundations Federated Nursery Schools

### Physical Development

At Warrington Road Nursery School children enjoy physical play both indoors and outdoors. Physical play that develops gross motor skills, for example running, jumping, climbing, skipping, hopping, balancing, kicking, throwing and catching, helps children to develop balance, control, co-ordination and an awareness of size, space and direction. Play opportunities are maximised indoors and outdoors to help develop fine motor skills such as grasping, screwing, pinching, picking, holding and threading, which are important for the development of eye and hand control. During physical play children can also observe things from different perspectives, for example looking at things from the top of the climbing frame or from under a bench.

Gross motor skills need to be nurtured, not only because they are important for the child's long-term health and well-being but also because they support physical and cognitive development. These skills are developed informally during daily physical play. Physical development helps children to gain confidence and self-esteem as they discover what they can do, and it enables them to feel the benefits of being healthy and active.

Young children learn and develop through:

- taking part in physical play and beginning to develop an understanding of safe practice;
- responding creatively to a range of stimuli including music, songs, action rhymes and stories; and
- having opportunities to develop social skills, such as turn-taking, sharing, co-operating and negotiating, and values such as trust, fairness and respect for others.

Outdoor play provides space and freedom that would be difficult to find indoors. It has an important role in the emotional development of children, providing them with the freedom to run, shout and play exuberantly within appropriate boundaries. Outside they can experience a wide range of emotions, for example the challenge of climbing high or the joy of running and jumping. They can begin to experience the satisfaction of solving physical challenges and problems that arise when playing with others.

In the Early Years Foundation Stage Physical Development is broken down into two aspects

**Moving and handling** - skills enabling children to show good control and coordination in large and small movements. Children are able to handle equipment and tools effectively, including pencils for writing.

**Health and self care** - children knowing the importance of good health which includes physical exercise and a healthy diet. We offer the children a healthy snack each day to reinforce this. Children are supported to learn how to manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.