

Physical Development at Rockwood Nursery School.

What is it?

Physical skills, body and spatial awareness contribute to a child's personal and social development by enhancing confidence and esteem. Young children are active learners who enjoy learning through play and physical activities. During play children engage in learning experiences that require them to use a range of physical skills whether indoors or outdoors.



In the EYFS Physical is broken down into two aspects:



Moving and handling

This aspect is about how young children enjoy energetic activity both indoors and out and the feeling of well-being that it brings. They explore different ways in which they can use their bodies in physical activity and express ideas and feelings in response to music and imaginative play. They are also encouraged to run, jump, skip, climb, balance, throw and catch with increasing skill and confidence. Co-operate with others in physical play and games. Develop increasing control of fine movements of their fingers and hands. Children will learn to manipulate a range of malleable materials and small items of equipment, be safe in movement, and in using tools and equipment.

Health and self-care

This aspect is about health and safety including healthy eating and well-being. Physical well-being is essential to personal and social development. Children need to learn how to keep themselves physically safe and healthy. They also need to know how to move equipment safely without hurting themselves, or causing hazards for others. Children should learn to respect their bodies take reasonable risks and understand the importance of fresh air, exercise, rest and sleep, taking responsibility for keeping their bodies healthy. As their understanding increases, children will be able to observe the effects of exercise on the body, (for example raised temperature, increased heart rate, deeper breathing) helping them to recognise that regular exercise makes them feel good and helps the body to work well, leading to developing positive attitudes towards healthy living.



What we do at Rockwood to support children's Physical Development

Physical development occurs in all areas of our curriculum and is cross curricular. At Rockwood nursery school staff plan for a wide range of physical opportunities, providing stimulating equipment and materials. We ensure daily access to our play area and fantastic woodland garden. Children

also develop physical stamina and gross motor skills through free and easy movement round the Forest School site. They develop fine motor skills by making objects and structures. All children are encouraged to develop their gross motor skills both indoors and out by providing large challenging equipment, wheeled toys walks and outings. Musical activities and dance are a key element to develop children's use of muscles in the body, legs and arms. We aim to progress children's development to acquire the following skill: walking, running, stopping, jumping, climbing, pushing and pulling wheeled toys. Our roadway helps to develop the child's co-ordination when pedalling a bike and throwing and catching a bean bag or ball helps the child's hand-eye coordination.

Children's early writing skills are a key factor in the development of hand-eye coordination and building the strength of their tiny muscles in their tiny hands enabling them to hold a pencil properly to make marks on paper and later produce precise writing patterns, letters and numbers. We offer a variety of opportunities to help develop children's fine manipulative skills by handling range of resources, including: dough, clay, painting (large brushes and fine), jigsaw puzzles, peg boards, a range of equipment for threading and weaving, small world figures, animals and vehicles, construction equipment, sand and water, clothes for role and imaginative play, scissors, range of mark making equipment and different types of computer devices.



Rockwood staff are committed and enthusiastic about children's physical development and strive for children to achieve their full potential.

