



Ashfield Nursery – Physical Development Intent and Implementation

The early years are a time of rapid physical and mental development as young children learn to control and use their bodies. At Ashfield Nursery we promote awareness that physical activity is about living a healthy lifestyle and all are encouraged to participate within a safe and secure environment both within the classroom and the outdoors.

Physical development includes both growth and the ability to use muscles and body parts for particular skills. Both gross (large muscle movements) and fine (small movements) motor skills contribute to physical development. Physical activities at Ashfield are a daily occurrence, we have sessions inside and numerous free flow activities using the outside area. Outside, children enjoy using the climbing apparatus, moving freely around the playground, using the bikes and trikes as well as more focused activities such as throwing a ball or skipping and balancing. Children learn how to move confidently in a variety of ways. Children use small and large equipment to develop their fine and gross motor skills to gain control and co-ordination in large and small movements. Through games they learn to adjust their speed or direction to safely negotiate space. Indoor activities include various action rhymes and songs, yoga sessions, movement and dance activities and parachute games. From the 2-year-old unit onwards staff engage children in varied physical experiences, allowing them as much opportunity as possible to move freely between indoors and outdoors.

Children are supported to develop the muscles to control their hands, fingers and thumbs with a variety of activities and resources from the 2-year-old unit such as threading, tweezers, posting boxes, playdough, finger painting etc. As the children engage in these various activities throughout nursery, their fine motor skills develop and they become able to use tools and equipment competently as well as gaining good pencil control.

As part of their physical development we also support children to become independent in self-care, from toileting and feeding themselves to dressing themselves independently. We encourage and support children to participate in activities which will raise their heart-beat and to be aware of these changes in their bodies.

At Ashfield Nursery School we provide children with physical opportunities in a fun and exciting way. We recognise the importance of children's postural development, co-ordination and dexterity, as well as teaching sport specific skills. Our broad, balanced and engaging Physical Development curriculum tries to ensure that all children have a lifelong participation, an embedded love of physical exercise and the understanding of the importance of being fit and healthy. Our intention is to provide engaging opportunities that allow children to challenge themselves.