



EARLY YEARS PHYSICAL DEVELOPMENT INTENT

In Early Years we nurture children's strong need and desire to be physically active which builds the foundations for other areas of their development by:

- Building children's strength, stamina, balance and co-ordination
- Developing a range of large and small movements which they can control
- Improving and refining children's control and manipulation of a variety of tools
- Instilling a sense of confidence in children's own physical abilities enabling them to negotiate spaces
- Promoting independence by teaching them to make decisions and choices that will keep them healthy and safe

Knowledge - Fine Motor Development

I know...

- I have fingers and thumbs and that they can each work separately.
- My wrists and fingers need to be strong to manipulate small tools and objects.
- Which fingers form a pincer grip.
- Which fingers form a tripod grip.

Knowledge - Gross Motor Development

I know...

- Core strength helps me to balance and use my limbs independently.
- Big muscles need to be strong to support the smaller muscles in my body.
- Exercise will build my strength and stamina.
- I have an imaginary line down the middle of my body, and I can cross over it with opposite hands and feet.
- Crossing the midline helps both sides of my brain to connect.
- Both sides of my body need to work together in a co-ordinated way

Skills

I am learning to...

- | | |
|--------------------------------|------------------------------|
| • Balance | • Run and jump |
| • Throw and catch | • Make alternating movements |
| • Lift and carry heavy objects | • Roll |
| • Cross the midline | • Turn |
| • Hop and skip | • Spin |
| • Negotiate space | • Climb |

- Make anti-clockwise movements
- Re-trace vertical lines
- Make symmetrical movements
- Co-ordinate two sides of the body
- Isolate my fingers
- Use a pincer grip
- Form a tripod grip
- Make decisions
- Take risks
- Make healthy choices.

IMPLEMENTATION

Adults have a sound knowledge and deep understanding of physical development and the key aspects of gross and fine motor skills. They know that fine motor development relies on children having well developed gross motor strength and recognise the strong links between physical development and the ability to control and manipulate writing tools. Within the environment adults actively encourage children to build their strength, stamina, balance, and co-ordination.

Physical Development is valued and promoted through:

- Two weekly PE sessions within Reception.
- Using transition times to promote gross motor skills- stand in the line on one leg.
- A daily get fit when counting session, focussing on key aspects of gross motor development.
- Using dough disco for finger gym sessions.
- Setting up a fine motor area which offers weekly challenges that develop wrist and finger strength, finger isolation and pincer grip.
- Providing mark making stations, both inside and outside, offering a wide variety of mark making tools and equipment- hole punches, staples, treasury tags and paperclips to support the development of muscle strength and the control and manipulation of real tools.
- Providing authentic resources throughout the provision- real kitchen equipment within the role play and mud kitchen.
- Using the outdoor classroom and filed area daily for Physical Development where small apparatus is organised, displayed and available for children to use independently.
- Setting up a mini gym and yoga station which are equipped with resources that enable children to develop their strength, stamina, balance, and co-ordination.
- Equipping the outdoor area with resources to promote balance and upper body strength- balance bikes, scooters, wheeled vehicles (Pre-school) wheelbarrows (Forest School area) buckets and weighty objects.

IMPACT

By the end of Foundation Stage I will be able to...

- Control a variety of tools.
- Move in a variety of ways.
- Demonstrate upper body strength

- Use a tripod grip.
- Negotiate space and obstacles safely.
- Throw, catch and kick a ball.
- Balance using my core stability.
- Draw with accuracy.
- Demonstrate strength and stamina.
- Co-ordinate both sides of my body to do different things at the same time.