

EXPLORING PHYSICAL DEVELOPMENT IN NURSERY - EYFS

How do we provide a foundation of Physical Development skills and knowledge in the Nursery?

The Early Learning Goals (Physical Development)	Specific learning to Leintwardine Endowed CE School	How might this look like in our Early Years provision?
<ul style="list-style-type: none"> • Revise and refine the fundamental movement skills they have already acquired: <ul style="list-style-type: none"> - rolling, crawling, walking, jumping, running, hopping, skipping, climbing • Progress towards a more fluent style of moving, with developing control and grace. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. • Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. • Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. 	<p>Physical Development by the time children are 3 year old</p> <ul style="list-style-type: none"> Lift their head while lying on their front. <ul style="list-style-type: none"> • Push their chest up with straight arms. • Roll over: from front to back, then back to front. • Enjoy moving when outdoors and inside. • Sit without support. <ul style="list-style-type: none"> • Begin to crawl in different ways and directions. • Pull themselves upright and bouncing in preparation for walking. • Reach out for objects as co-ordination develops. <ul style="list-style-type: none"> • Pass things from one hand to the other. Let go of things and hand them to another person, or drop them. • Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking. <ul style="list-style-type: none"> • Clap and stamp to music. • Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them. <ul style="list-style-type: none"> • Enjoy starting to kick, throw and catch balls. • Build independently with a range of appropriate resources. • Begin to walk independently – choosing appropriate props to support at first. <ul style="list-style-type: none"> • Walk, run, jump and climb – and start to use the stairs independently. • Spin, roll and independently use ropes and swings (for example, tyre swings). <ul style="list-style-type: none"> • Sit on a push-along wheeled toy, use a scooter or ride a tricycle. • Use large and small motor skills to do things independently, for example manage buttons and zips, and pour drinks. <ul style="list-style-type: none"> • Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress. • Start eating independently and learning how to use a knife and fork. • Develop manipulation and control. <ul style="list-style-type: none"> • Explore different materials and tools. <p>Physical Development by the time children are 4 year old</p> <ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. 	<ul style="list-style-type: none"> - Opportunities to play and explore outdoors every day - Physical challenges inside and outside, building blocks, creating towers, digging, climbing resources, etc. - Small world areas where fine motor skills can be developed and worked on - Balance bikes and vehicles in a large outdoor space - School field for children to explore - Garden space for digging, bug hunting - Adults willing to scaffold children to complete activities but also develop independence - School Hall with climbing equipment, balls, cones and hoops. - Dancing and following instructions - pencils, paintbrushes, marking making resources available for free choice and choosing - Encouragement of using own cutlery at lunchtimes, chopping snack on Mondays - Sitting around a table on chairs at snack and lunchtimes - Balls of different sizes available for children to practise throwing, catching, rolling, pushing and teamwork

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- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Develop the foundations of a handwriting style which is fast, accurate and efficient.
- Further develop the skills they need to manage the school day successfully:
 - lining up and queuing
 - mealtimes

- Start taking part in some group activities which they make up for themselves, or in teams.

- Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.

- Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

- Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.

- Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

- Use one-handed tools and equipment, for example, making snips in paper with scissors.

- Use a comfortable grip with good control when holding pens and pencils.

- Show a preference for a dominant hand.

- Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.