



## Physical Development Policy

The Early Years Foundation Stage identifies 3 “Prime Areas” of learning, which are:

- Personal, Social and Emotional Development
- Communication and Language
- Physical Development

These are fundamental, work together and support development in all other areas.

The 4 “Specific Areas” include essential skills and knowledge. They grow out of the Prime Areas and provide important contexts for learning. These are:

- Literacy
- Mathematics
- Understanding the World
- Expressive Arts and Design

### WHY TEACH PHYSICAL DEVELOPMENT?

At Chichester Nursery School, Children and Family Centre we support children in developing their physical skills and in understanding how exercise, eating, sleeping and hygiene promote good health. It is our hope and intention that children will develop an enjoyment of physical activities and adopt patterns of healthy living for life. We aim to instil in children the sense of well-being that comes from being active, as well as build their confidence and self esteem. Physical Development spans all areas of our curriculum and learning environment and is designated a “Prime Area” of learning.

### CURRICULUM CONTEXT

The teaching of Physical Development within the Nursery School, Children and Family Centre is based on the Early Years Foundation Stage Curriculum. Our long-held and central philosophy is that young children learn best when given the opportunity to be independent, self-motivated learners, free to pursue interests and consolidate their learning over several days. Equal importance is placed on both learning through planned adult-led activities and child-initiated learning, which arises from a rich, stimulating and easily accessible environment.

The Physical Development Curriculum has two distinct strands:

- Moving and Handling
- Health and Self-Care

Our free-flow indoor and outdoor environment is pivotal in developing children’s physical ability, and an understanding of health and self-care.

Through planned and spontaneous play children will have the opportunity to:

- Explore moving and handling in different ways and develop control and co-ordination
- Travel around, under, over and through balancing and climbing equipment
- Run, ride, kick and jump to develop strength and control
- Handle and manipulate tools, objects, fastenings, malleable and construction materials, developing an awareness of safety and increasing control
- Develop awareness of their own needs with regard to eating, drinking, toilet routines, sleeping, exercise and hygiene and to recognise the importance of healthy practices.

## **KEY FEATURES OF OUR PHYSICAL DEVELOPMENT TEACHING:**

- Staff have an understanding that children learn by being active. Physical Development takes place across all Curriculum areas and throughout the learning environment, both inside and outside
- Staff plan so children can be active in a range of ways and gain skills in self care, sensitively supporting all children including those with additional needs.
- Our spacious, well-planned and well-resourced indoor and outdoor environment, encourages children to improve their skills of co-ordination, control, manipulation and movement.
- Planned activities and accessible resources support the development of both fine and gross motor skills
- Staff have an understanding that gross motor skills need to be developed before fine motor skills, and that children develop at their own rate in their own way. This means children will be at different stages in their developmental journey and are supported at a level appropriate for each individual
- Children are encouraged to use all their senses to learn about the world around them and to make connections between new information and what they already know
- Appropriate steps and an element of challenge are provided to support and extend children's physical development
- Children are given time and opportunity to practise new skills in order to become fully confident, learn from their mistakes, and consolidate their learning
- Children are supported in taking manageable risks and, when appropriate, are encouraged to undertake risk assessment for themselves. Health and Safety Policies and Risk Assessments support us in maintaining a safe environment for our children
- Whenever possible children's interests are used as a vehicle for delivering the Curriculum. Each key worker group has an email address which enables parents/carers to share special "WOW" moments that occur outside Nursery, potentially providing opportunities to build on a child's current interest
- Staff allow time and provide opportunities and, where necessary, specialised equipment for children with physical disabilities and motor impairments to develop their physical skills. We also work with outside agencies such as Physiotherapists and Occupational Therapists to ensure the best physical outcomes for children
- Adults will introduce appropriate vocabulary to children alongside their actions to develop language skills and understanding of their actions
- Staff support children's growing independence in toileting, dressing, hygiene, and self-care
- Children will be involved in the preparation of food, using utensils and kitchen equipment to develop fine motor skills and promote an understanding of healthy food choices
- Staff firmly believe in equal opportunity for all children and actively encourage multi-cultural activities, and recognise differing parental expectations
- Observation and tracking using iPads enables staff to rapidly monitor the progress both of individuals and groups of children, and plan for the next stage in their learning
- We understand that a few children may well achieve the Physical Development Early Learning Goals during their time in Nursery and familiarity with the National Curriculum allows us to plan for their future learning
- Transition from home into the Nursery, from stages within the Nursery, and then on to Primary School is carefully managed, with a free exchange of information at all stages, to ensure that children's learning is as seamless as possible
- Examples of the children's learning in this area will form part of the children's electronic portfolio which will be sent to parents each half term
- Examples of how Physical Development is taught within the Nursery School, Children and Family Centre can be viewed through the electronic Physical Development Curriculum Portfolio
- This policy covers all the provision for Physical Development within the Nursery School, Children and Family Centre