

Physical Development is a prime area of Learning and Development. It recognises that young children need to be active. It also encourages children to make healthy choices in relation to food.

This area of learning

- supports your child's healthy development
- develops your child's ability to move with confidence, imagination and in safety
- encourages your child to move with control and co-ordination
- provides opportunities for your child to use a range of large and small equipment
- helps your child to develop an awareness of space around themselves and others
- encourages your child to recognise the importance of keeping healthy and develop attitudes that contribute to this
- encourages your child to develop the practical skills needed to dress/undress, eat skilfully and manage their own personal hygiene
- provides opportunities for your child to develop the safe and effective use of a range of tools including pencils

How can you help your child?

- Encourage your child to drink milk or water instead of squash or sugary drinks
- Tummy time is important for young children: play games and read stories on the floor.
- Have crawling races or play chasing games on your hands and knees.
- Make opportunities for physical activities – indoors and outdoors, for example, climbing, balancing, throwing, catching, hopping.
- Visit parks and play areas to give your child opportunities to move freely in a large space.
- Develop your child's fine motor skills through activities such as threading, playdough, jigsaws, painting with large brushes and water outside and cooking.
- Providing equipment that will encourage the development of skills, for example, balls, wheeled toys.
- Encourage your child to dress/undress him/herself and to become increasingly independent with self-help skills.

- Enjoy music and dancing together! Encourage your child to move in different ways.
- Play games together, for example, aiming games with balls or beanbags.

Useful links

www.schoolfoodtrust.org.uk/parents-carers 'Eat Better, Start Better'

www.orderline.dh.gov.uk/change4life
information re health and well being

www.jabadao.org

www.childfriendlybrighton.co.uk information about baby massage, yoga, indoor and outdoor physical activities

The Early Years Foundation Stage (EYFS)

Areas of Learning and Development



Physical Development