

Physical Development

These are our 'Top Tips' to help you enjoy your child's journey of learning together...

- ★ Try to give your child space and time to move freely and to develop games to the full...why not move the furniture back and create an obstacle course?
- ★ If possible, provide access to large equipment on which children can climb, swing, scramble and balance. Lots of our children are used to being driven places, by car or bus and walking together is one of the best and cheapest forms of exercise available.
- ★ Play active games with your child both indoors and out. For example, chasing, hide and seek, hopscotch and skipping.
- ★ Encourage children to practise their new skills, such as hopping, walking on tiptoe or going backwards.
- ★ Babies like to use push and pull along toys/trikes, as well as objects that encourage squeezing, pressing and rolling. Praise them for what they have achieved.
- ★ Do some regular activity together as a family to help your children develop a positive attitude towards physical activity.
- ★ Help them to be conscious of their own bodies as they move, by giving names to their activities and encouraging them to be aware of their position in relation to other things: "You're under the blanket," "Can you wiggle your legs down into your tracksuit?" "You're on top of the wall."
- ★ Talk to them about how they feel when they have been energetic. Are they hot or cold? Are they dry or sticky? Are their hearts beating quickly or slowly?
- ★ Talk to them about the choices you make that will help them to keep healthy, like decisions about eating, drinking and sleeping.
- ★ Make sure that both girls and boys have opportunities to develop control of arm and hand muscles. Manipulating small cars, building blocks, craft activities, puzzle pieces or dolls clothes will all build up skill and co-ordination.
- ★ Teach your children the skills and techniques they need to keep themselves safe. Even small children can begin to develop the habit of checking where they are going to land before they jump, and of not crossing the path of moving swings.

The Early Years Foundation Stage recognises 7 different areas of learning. Physical development is one of the 3 Prime Areas.

Physical development involves providing opportunities for young children to be active and interactive; and to develop their coordination, control and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

(Successful writing depends on large muscle groups being developed through physical activities which then enable the strengthening of the finer muscles in the wrist, hand and fingers to control pencil movements.)

The Early Learning Goals:

(This is the level of attainment which children should be expected to attain at the end of the foundation stage, age 5.)

Moving and handling: that children show good control and coordination in large and small movements. That they move confidently in a range of ways, safely negotiating space. That they handle equipment and tools effectively, including pencils for writing.

Health and self-care: that children know the importance for good health and physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

Be a role model. Children learn by watching what parents do so show your child you enjoy and value activity by taking part yourself. Even simple things like walking instead of using the car can have a big influence, encourage your child to help you in the garden this spring!

More information about the Early Years Foundation Stage is available from the foundation years website: www.foundationyears.org.uk.

Other useful websites:

www.parentsforhealth.org

www.keepkidshealthy.com

www.bhf.org.uk

Yellow Dot is a small Group of Children's Nurseries based in Hampshire. Its hard working team have achieved amazing results with all the settings acknowledged by Ofsted to have Outstanding qualities! Thank you for choosing Yellow Dot to care for your child.

