

Shinewater  
Primary  
School



# Physical Development

Approval Date	Policy Reviewer	Title	Chair of Governors
March 2022	Mrs S. Roddick	Nursery Manager	J McCarthy-Penman

Frequency of Policy Review	Annually
Version	3

## **Introduction**

At Shinewater Nursery we believe that engaging in regular physical activity is essential to maintaining a healthy lifestyle. We wish to encourage and support children's physical development by developing body awareness, gross motor control and coordination, fine motor skills and in developing their awareness of healthy practices.

## **Aims**

We aim to:

- Increase the activity levels of the nursery children through the provision of an interesting and engaging environment in which risks can be taken in a safe and supportive environment.
- Make children aware of their body in relation to others, and their immediate environment, and aim to promote quality of movement.
- Enable children to develop and explore physical skills with increasing control and coordination.
- Encourage children to work and play together in group situations.
- Develop self-confidence and independence.
- Help children to understand how exercise affects their body.
- Foster an enjoyment of, and positive attitude to, physical activity.

## **Planning**

Planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage Curriculum. Physical activities take place in the playground, woods, in the 'Big Hall' and 'Green Hall'. These different environments lend themselves to physical activities, for example, using the climbing equipment or the parachute. We aim to provide some form of free-flow access to our garden/playground as we feel it is hugely beneficial to the children to choose their own learning spaces.

Opportunities for physical development are planned weekly. A programme of gross motor skills is offered outdoors including moving in a variety of ways and speeds, negotiating space, jumping, and balancing. Ball skills are regularly available and wheeled toys are always on offer. Indoors, our younger children have the opportunity to climb and slide safely. We are very fortunate at Little Sunshines Nursery to receive both specialised PE and Outdoor Learning support once a week. This works progressively to enhance physical skills as well as the ability to listen and follow key instructions, in a large group situation. The children all benefit from our newly introduced "Run The World" around the field; all children participate on a daily basis and we find this has impacted positively on their ability to concentrate.

A variety of fine motor skill activities, such as using scissors, tracing, threading, writing, colouring, manipulating construction materials are always on offer within the nursery. Throughout all activities children are encouraged to move safely and use tools and equipment safely.

Children's progress in the prime area of Physical Development is ongoing and is recorded in each child's Learning Journey using Tapestry. Following children's assessments, adjustments to planning are made to meet any identified needs. Some children may also access a Sensory Circuits session each week.

## **Promoting A Healthy Lifestyle**

Healthy snacks are provided daily and are discussed with the children. Cooking and exploring of planting and growing fruit and vegetables also support their understanding of healthy food choices. Children are encouraged to bring a bottle of water into the nursery each day to hydrate themselves after physical activities, and at other times during the day. Milk is offered daily. We support children to become independent by helping to make their own snacks, cutting fruit/vegetables and pouring drinks. Regular risk assessments are carried out and safety issues are discussed with children to support them in assessing their own risk.

## **Role of the adult**

It is the responsibility of all staff to encourage and promote physical activity.

Adults need to:

- Understand why physical development is essential and know how to support children's learning and development.
- Create a safe environment for children to experiment and explore their movements and bodies.
- Introduce a vocabulary related to movement and body parts.
- Give regular practice of skills with progression.
- Teach and model new skills.
- Take all opportunities to talk about healthy practices.
- Model healthy eating and drinking practices.
- Work with parents on self-care issues and healthy practices.
- Observe and assess children's development and plan next steps in their learning.
- Ensure all children have appropriate opportunities to develop according to their individual needs.
- Cascade information from courses such as Early Movers, Balanceability and Food Trust activities.

## **Equal Opportunities**

In accordance with school and Local Authority policy, we have a commitment to equal opportunities and inclusion which is built into all physical activities in the nursery. All children, including those with additional needs, are entitled to a complete programme of physical activities which allows everybody to improve their skills of coordination, manipulation, control, and movement to develop positive attitudes towards physical activity.

Our nursery is also inclusive of children from different cultures and religions with all staff aware of the need to be sensitive to individuals' beliefs regarding what is acceptable in relation to physical activity.

## **Health and Safety**

At Little Sunshines, we understand that the safety of all children and staff is of paramount importance. It should also be noted that, in the event of an emergency, a telephone and first aid box is in the nursery. Regular risk assessments are carried out and safety issues are discussed with children to support them in assessing their own risk. All members of staff have attended First Aid courses.