



Physical Development Curriculum

Intent

Physical activity is a vital part of children's development, enabling them to pursue happy, healthy and active lives. Gross and fine motor skills develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

At St Joseph's preschool, we provide children with opportunities inside and outside to explore their gross and fine motor skills. With the implementation of continuous provision children are able to use available resources to repeat activities and refine their skills.

We want children to:

- build strength, movement, balance and co-ordination
- build confidence so that they will take risks in their play
- experience the world through their senses
- use one handed tools that they can control
- use large and small movements that they can control

Implementation

Physical development underpins and is essential to all areas of a child's development. We use tools kits such as ECAM (Every Child a Mover) Birth to Five and the EYFS framework to support this development and achieve their milestones.

Throughout the year Physical Development is developed through:

- snack time
- yoga
- music and movement
- using tools inside and outside
- observations
- Trim Trial
- playdough play

On a daily opportunity through continuous provision:

- mark making
- water play
- outdoor Free Flow
- messy Play
- concept resources
- construction resources
- role play

We provide a free flow routine where children are able to make their own decisions as to where they would like to play and which resources they use. With the implementation of continuous provision children are able to use resources and activities to refine their skills.

Adults provide lots of opportunities for children to engage in physical activity both through direct teaching of adult led activities and following the child's lead and interests.

We do this by:

- Outdoor play- various large gross motor equipment. Loose parts play such as crates, wooden materials, blocks, stepping stones, tyres, balancing and climbing equipment is always available for children to use creatively in their play. A water station, mud kitchen and bubble play supports fine motor skills development.
- Indoor play – continuous provision of construction, brick play and writing area supports and enhances fine motor skills. Play dough station is available each day providing opportunities to use hands in squeezing, rolling, patting, squishing the dough and using one handed tools to manipulate it. Children can also access various equipment and materials to enhance their learning through play dough play such as cutters, rollers, tweezers, spices, plants, flowers and natural resources.
- Staff will complete an on-entry assessment and if any concerns regarding a child's physical development is highlighted an Every child's a Mover (ECAM) observation and assessment will be completed with the child's key worker and ECAM supporter.
- Using musical instruments and singing time both planned and unplanned. Dancing, ring games and actions songs are not just allocated to a certain time. Practitioners will follow a child's lead and we have a music station outside for children to engage in
- Free choice baskets of a variety of jigsaws and puzzles are available each day. Large and small threading resources are also available.

Impact

At St Joseph's preschool we recognise that children start with us with different levels of physical development and understand that they will learn and develop their physical development milestones differently and will gain knowledge of how to accomplish these and achieve goals in different ways.

By the time children leave St Joseph's Preschool we want them to;

- move their body with confidence in various of ways
- make healthy choices
- show understanding of how we look after ourselves and keep ourselves healthy
- observe how our bodies feel after rest and physical movement.
- respond and move to music and sounds of a beat
- be independent with their own personal hygiene needs
- negotiate around equipment safely
- attempt to or participate in risky play and new challenges
- kick, throw and catch large and small balls
- be able to use one handed tools with control
- hold a writing tool effectively

Key Vocabulary

body, movement, kick, roll, climb, crawling, walk(ing), runn(ing), jumping, balance (ing), throwing, catching, skipping, hopping, pushing, pulling, scooter, bike, build, obstacle course, blocks, crates, planks, sand pit, water, messy, large and small, mud kitchen, music, movement, clap, stamp, dance, sing, pattern, rhythm, pens, pencils, chalks, scissors, tape, glue, shape, model.