

NURSERY EDUCATION

Information for Parents & Carers

Areas of Learning and Early Learning Goals



5: Physical Development

At Burton Latimer Day Nursery we aim to provide the highest quality nursery care and pre-school education to ensure children are effectively prepared for the next stages in their development.

The Foundation Stage Curriculum (as laid down by the Qualifications and Curriculum Authority [QCA]) covers a range of educational experience organised in six areas of learning: 1) Personal, Social and Emotional Development; 2) Communication, Language and Literacy; 3) Mathematical Development; 4) Knowledge and Understanding of the World; 5) Physical Development; 6) Creative Development. This information sheet covers one of the six areas of learning. For information on the other five please visit our website www.bldn.skynet.co.uk.

The information below details QCA text within the box, showing the Early Learning Goals that most children will achieve by the end of their reception year in school. This is followed by details of how we, in the Nursery, work towards these goals with progressive activities that form 'stepping stones', building on what children have already learned whilst continuing to practise, refine and use their previous learning.

Move with confidence, imagination and in safety. Move with control and co-ordination. Travel around, under, over and through balancing and climbing equipment. Show awareness of space, of themselves and of others. Recognise the importance of keeping healthy and those things which contribute to this. Recognise the changes that happen to their bodies when they are active. Use a range of small and large equipment. Handle tools, objects, construction and malleable materials safely and with increasing control.

Within the Nursery children are given opportunities in both indoor and outdoor environments to develop their physical development.

Physical development is concerned with the growth, development and control of the body.

Fine Motor Skills - hand/eye co-ordination and manipulative skills

Gross Motor Skills - whole body and limb movements, balance and co-ordination

Children are given the opportunity to develop these skills through a range of planned activities. Staff are aware that children will only be able to develop new skills when they are physiologically and psychologically ready. The keyworkers and our Early Years Teachers are able to observe and react to the children's readiness and provide planned activities for them to practice their skills.

Fine Motor Skills

A range of activities and equipment are available within the Nursery to aid children's fine motor skills. Activities in personal and social development such as buttoning clothes, fastening zips, tying shoe laces, and using knives, forks etc. will aid their development as well as their independence.

Malleable substances such as playdough, clay, cornflour etc. provide opportunities for rolling, kneading, twisting etc. When tools are added skills such as cutting, pushing and pressing can be refined.

Puzzles and games can provide physical opportunities for all abilities, and a range of different levels are available within the Nursery. Games that require the use of counters and rolling of a dice help develop hand/eye co-ordination. Threading and peg boards also develop hand/eye co-ordination alongside manipulative skills.

The home corner provides opportunities for objects such as handbags to open and close. Dolls can be dressed and undressed, and dressing up clothes with a range of fastenings are available.

Creative activities provide opportunities for hand/eye co-ordination, gluing and positioning collage materials, scissor and pencil control etc. Children have continuous access to small construction equipment such as Lego, Sticklebricks, Duplo etc. and are able to build and take apart, with their fingers or, in the case of Toolo, with small tools.

The book corner provides opportunities for hand/eye co-ordination, manipulative skills using finger rhymes and songs.

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5: Physical Development (cont 1)

Children have many opportunities to use a range of mediums such as pencil, crayon, chalk etc. to practise pencil control. Different mediums require different pressure and control. Sand and water activities within the Nursery again help hand/eye co-ordination. Children are able to pour and fill different containers.

The computer gives the opportunity for keyboard skills. Young children begin with moving the mouse whilst the older children are able to master the keyboard. Different programmes are available for all ages and all abilities.

Gross Motor Skills

Children develop their gross motor skills through a wide range of planned activities, both indoors and outdoors, with physical activities planned to meet the needs of the whole ability range.

Safety is of high importance and consideration is given to group size and staff ratios when planning physical activities. The area to be used is cleared of all equipment and children are given clear instructions on playing safely together. The outdoor area, with its all weather safety surface is used whenever possible.

Children who are less confident in physical activities are given the opportunity to observe for a while, and staff give the necessary praise and encouragement to enable children to participate when they feel able to.

Outdoor play is available whenever possible to allow the children fresh air and space. The garden of the Nursery is used but we also have the opportunity to use the large grassed area of the Scout Headquarters that is situated to the rear of the High Street Nursery. It is fully enclosed and children are able to play ball and running games.

Equipment

The Nursery is well equipped for physical play with a range of small and large equipment. Children have access to beanbags, hoops, skipping ropes and balls of various sizes and differing materials.

Within the Nursery there are slides of differing heights, tunnels, cubes and balancing cushions. We also have a selection of wheeled toys such as tricycles, trucks, dolls prams, wheelbarrows etc. These help to develop co-ordination, control and to become aware of direction and speed.

Music and Movement

Children are able to participate in a music and movement session twice daily. We have a library of music tapes such as Sticky Kids, Ring Games, Party Songs etc. Children are also able to listen and appreciate a variety of music from classical to pop. Music is also available from different countries and cultures and used to provide an imaginative framework for children to practice their body skills and to introduce rhythm into their movements.