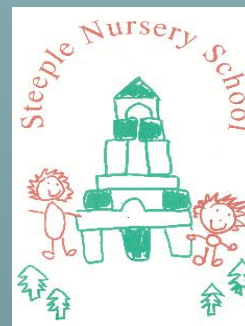


# Steeple Nursery School

## Physical Development



# Why is Physical development so important?

Physical development is an integral component of a child's overall development which:

- enables the child to explore and manipulate the environment
- establishes and develops social-personal skills
- Provides an outlet for creativity
- Is an avenue for fun and personal satisfaction

Sellers, 1996



# Prerequisite skills for Physical Development:



- ❖ Muscle strength
- ❖ Movement
- ❖ Co-ordination
- ❖ Balance
- ❖ Motor planning
- ❖ Stamina
- ❖ Spatial Awareness
- ❖ Fine motor
- ❖ Hand eye coordination

# Physical Play

- ❖ Children enjoy physical play both indoors and outdoors.
- ❖ Children love having the freedom to move and explore.
- ❖ Children enjoy being engaged in play that is adventurous and stimulating.
- ❖ Children need to be involved in 'big' physical play to allow all the big muscles to develop and to strengthen their core.
- ❖ They need space to run, jump and climb.
- ❖ This will help develop balance, control, coordination and an awareness of size, space and direction.

# Gross Motor Skills



- ❖ The development of gross motor skills are important for the child's health and well-being and they support the physical and cognitive development of the child.
- ❖ Physical development helps children to develop confidence and self esteem and they gain such a sense of pride when they achieve a new challenge or develop a new skill.
- ❖ Physical development enables the child to feel the benefits of being active and healthy.





# Fine Motor Skills

- ❖ Children should have many opportunities to develop their fine motor skills.
- ❖ Developing control of their hands and fingers will help develop early writing skills.
- ❖ Pouring, threading, drawing, painting, building, playing with dough, completing jigsaw puzzles, putting on coat, dressing will help to gain strength and control in their hands.



# Physical Play Activities



There are lots of activities you can easily do at home that will enhance your child's physical development. Have fun trying some of the following examples:

- ❖ Throwing rolled up socks into a laundry basket/box
- ❖ Balancing/walking along a line marked with masking tape
- ❖ Building dens
- ❖ Catching rolled up socks/bean bag in a plastic colander
- ❖ Mark making in sand with a stick
- ❖ Using a paint brush/spray bottle and water to paint a wall/shed
- ❖ Placing clothes pegs around a biscuit tin
- ❖ Threading cheerios/pasta onto string
- ❖ Snipping card with child safety scissors
- ❖ Making an obstacle course with things you already have at home
- ❖ Playing musical statues and freezing in different shapes
- ❖ Visiting the play park