



What does Physical Development look like in Early Years at the NCEA Trust?

At NCEA Trust we want all of our children to live happy, healthy and active lives. Physical development is fundamental to their all-round development. We place a high importance on healthy bodies and healthy minds.

Children have daily opportunities to develop their gross and fine motor skills, both inside and outside as we are really lucky to have access to large outdoor spaces. These are taught through focussed sessions as well as opportunities to play and explore.

Children are observed and assessed regularly and staff provide resources and activities to enable them to progress further. We have a healthy snack each day and the children have the opportunity to try different foods and we discuss the importance of healthy choices. We work with parents and health visitors to support children in having a healthy lifestyle.

Physical Development in our 2-Year Old provision:

In our two year old provision the children learn to explore the environment inside and outside the classroom. They have lots of opportunities to move, for example dancing, climbing, running, jumping. They enjoy starting to kick, throw and catch balls, build with large equipment and begin to use scooters and tricycles.

The children develop their fine motor skills exploring different materials, mark making, painting and handling different tools. They begin to develop the skills they need and greater control of their large and small movements.

We encourage them to develop their independence skills from a very early age, putting coats on themselves and learning how to use the toilet and wash hands. We talk to the children about healthy food and drink choices. The staff are there to support them with these skills and overcome any difficulties.