



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 Nursery provision:

In Nursery children continue to develop their physical skills through balancing, riding bikes and developing their ball skills. They build dens and obstacle courses and start to work together with each other.

They take part in dance activities where they need to remember patterns of movement. There are some activities and skills that are taught and some are self-chosen. Adults introduce new vocabulary specific to the task and show them how to use different tools and resources effectively.

Children learn how to hold pencils, scissors and other equipment with increasing independence. They are also encouraged to be as independent as they can with dressing, going to the toilet and hand washing.

Children are taught about healthy eating and exercise as well as keeping clean, through stories and practical activities. We talk to the children about the importance of healthy choices.