



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 Reception:

In Reception children refine the movement skills that they have already acquired. This is through play and exploration as well as more focussed activities. Children are encouraged to be highly active on a daily basis.

In Reception children are taught specific movement skills and the knowledge and vocabulary to progress further. They are then given the opportunity to practise these skills. This enables them to develop their strength, coordination, balance and agility. Core strength is important for them to be able to develop their small motor skills. These are then developed through providing an increasing level of skill and challenge using different equipment and resources.

Children are taught how to form their letters correctly and they practise drawing and writing on a regular basis. Support and extra guidance is given to those who need it.

Reception children discuss exercise, healthy eating, good dental hygiene, self-care and the importance of sleep. They will learn about being safe online and in everyday situations such as crossing the road.

We value the importance of good manners at meal times and snack times, helping each other and waiting their turn.