

Physical Education

Miss Kendall

Development Matters 2020

Physical activity is vital in children's all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child's strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults.

Physical Development

Gross Motor Skills

These are the movements of the body which use large muscles for movements such as crawling, jumping and climbing. It is important for these to develop in order to develop the fine motor skills.

Fine Motor Skills

This is the development of the smaller muscles in the body which allow the children to develop control of skills such as cutting, drawing, painting and writing.



Physical Education at Hart Hill

Physical activity is involved in every area of the nursery; mark making in the writing area, pouring in the water trays, using scissors in the creative areas, balancing blocks using hand eye co-ordination, turning pages of books, even expressing ourselves using our hands to help us communicate.

We encourage physical development through finger gym, sensory exploration and P.E, cooking and time in the garden.

Finger Gym

Finger gym is used to begin the children's day. They take part in a quick task which develops their fine motor skills using a range of equipment.

For the youngest children this may be posting buttons into a tin using their fingers to develop their hand eye co-ordination. This might then progress to using spoons to scoop sand into a bowl to develop the use of control of tools.

Activities are adapted to each child as some may find these tasks are not challenging enough based on their development of their fine motor skills.



Sensory Exploration and Body Movement

Children discover where they are in the world using their senses. Viewing the world from different levels is part of developing this understanding.

This includes activities such as rolling down a hill, going down the slide laying in different directions, feeling the world around them, jumping off from different heights, walking over uneven surfaces and climbing into small spaces.



A young girl with long blonde hair is climbing a tree in a forest. The image is overlaid with a blue tint. The quote is centered over the image.

"The more risks you allow children to take, the better they learn to take care of themselves."

Roald Dahl, *My Year*

P.E

Hart Hill's P.E lessons are planned to progress the children's skills as they move through the nursery. Our youngest children are encouraged to explore how they can move their body in different ways at different levels and with music.

They are linking their movements to actions being labelled by adults and making links between how they move and the impact this has.

As they develop their awareness and confidence in their movements, elements of safety awareness are involved to encourage the children to assess for themselves what they are capable of doing and how to adapt what they are doing in order to succeed. We always encourage them to try new things and praise them for their efforts which is important for their growth mindset.

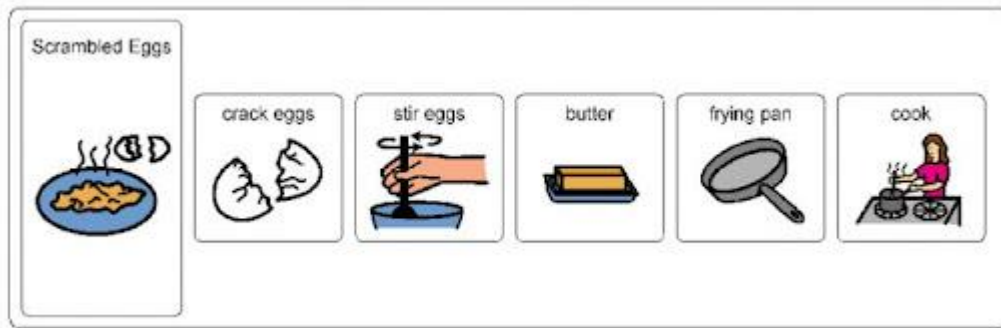
P.E continued

As children refine their skills, they are then able to participate in activities which require listening and responding such as stop start games, co-ordination using resources for throwing/catching as well as dance and moving their bodies to express themselves.

All of the children are provided with activities which match their development stage. All children develop at different rates and therefore class teachers support individual children with activities that suit the children in their class.

Cooking

All classes take part in weekly cooking. The children will explore and prepare food that links to a set of progressive skills.

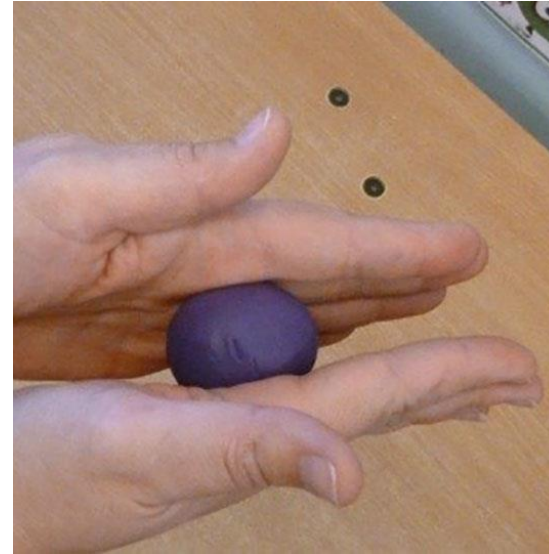


Cooking exposes children to using their hands purposefully with a physical result at the end. It is something that could be encouraged at home too. It also encourages them to think about healthy and unhealthy food for their bodies and hopefully encourages them to taste new foods.

Go outside



Playdough Disco



Playdough disco develops the children's muscles in their hands. The different movements encourage the use of each different part of the hand and is structured in a way that's fun for the children.

Independence

As the children develop in their physical skills, they are encouraged to do things for themselves. Giving them the opportunity to do it themselves develops their mastery of these skills.

- ▶ Putting on/taking off their own coats, shoes and outdoor wear
- ▶ Taking off and putting on their socks before and after P.E
- ▶ Putting on an apron
- ▶ Using cutlery at lunch time
- ▶ Using a tissue to wipe their own nose and putting it in the bin

Skills

- ▶ Writing
- ▶ Drawing
- ▶ Cutting
- ▶ Constructing
- ▶ Dressing
- ▶ Painting