

# Physical Development



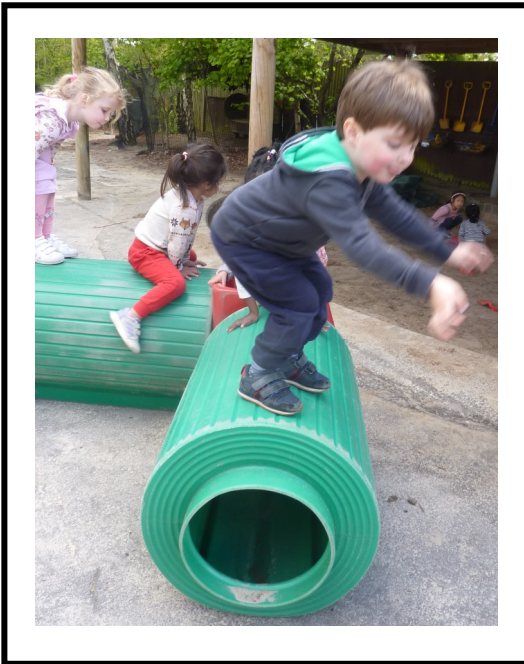
**Physical activity is vital to children's all round development, enabling them to be happy, healthy and active. It is essential to all areas of life long learning.**



**Children need to be able to be proficient physically before they can fully focus on areas of learning such as literacy and maths.**

**Physical activity boosts attention span and supports communication and early literacy skills.**

**Core strength is our ability to keep our position and move from the centre of our body outwards. Having good core strength gives us stability, balance and the ability to co ordinate more refined movements.**



**The Lawns Nursery School provides a challenging outdoor space and a variety of equipment to develop children's core strength.**



**Our Outdoor area gives children lots of opportunities to balance, use the monkey bars, ropes, trapeze and obstacle course. Being physically active helps children to navigate and explore their world confidently and independently.**

**When your child is physically active, they will be developing their core strength; playing on the swings, climbing trees and swimming are great examples.**



# Gross and Fine Motor



**Gross motor development involves the large muscles in the arms, legs and torso. Gross motor activities are important to and develop through everyday physical activities like walking, running, jumping, throwing, lifting and kicking.**



**Fine motor skills involve the control of small muscle movements in the hands, fingers, lips, tongue and eyes. Children need to develop these muscles for eating, writing, manipulating objects and getting dressed.**



**Puzzles, art and craft, making potions, cooking and playdough help children to develop the muscles in their hands and fingers.**

**Fine motor skills are essential for literacy to support the development of a comfortable pencil grip in order to write confidently.**



**Having good co-ordination allows a child to correctly interpret multiple signals to do more complex physical tasks.**

**A child's brain needs to develop the ability to control movements of different body parts at the same time. This includes writing, drawing and painting.**



**Co-ordination develops through physical play. As children use their whole bodies in a controlled way, it allows them to play co-operatively with others.**