



# APPLETREE NURSERY SCHOOL

## Physical Development

### Characteristics of Effective Learning:

At Appletree Nursery School we are committed to ensure that children learn and develop through the following ways

Playing and Exploring: children are encouraged to engage in open-ended activities using their senses and taking risks;

Active Learning: children are motivated to learn and concentrate through an exciting and stimulating curriculum showing high levels of energy and having pride in their individual achievements;

Creating and thinking creatively: children are confident to show higher level thinking skills, following their own ideas and interests as they make predictions and solve problems

### Unique Child:

#### **Aims:**

For children to be aware of space and be confident movers within that space

For children to be physically healthy as they grow, understanding the different elements which contribute to this

For children to develop the physical skills that will enable them to become independent in self care and to effectively interact with their environment and collaborate with others To encourage children to enjoy and achieve when taking part in physical activities

### Positive Relationships:

#### **Aims:**

To role model and teach new skills and vocabulary while valuing the child's individual stage of development

To support children to recognise and respond to their own physical needs

To provide reassurance and support when children wish to take on a new challenge or risk

To support parents in the development of routines and their understanding of safe practice to work in partnership with other agencies and parents

### Enabling Environments:

#### **Aims:**

To provide a safe, physical indoor and outdoor environment which will encourage healthy practices

To provide a wide variety of opportunities and challenges which encourage children to physically explore and achieve their next steps in development

To allow time for children to independently try out, practice and revisit new skills To provide a balance of physically active and restful activities

### **The Curriculum will involve...**

Continual access to both the indoors and outdoors environment

Outdoor and indoor equipment will be organised in play areas so that children can make independent choices and use the toys/equipment imaginatively. Tools such as scissors, glue, brushes and hole-punches will always be available in marked areas.

Snacks and water or milk will be available for the children. Children will always be asked to wash their hands before having a snack.

Inviting experts in different area of physical activity, such as dance, exercise and ball skills

### **How we will achieve the curriculum...**

Close relationships with parents will ensure that children are dressed appropriately to engage in safe physical play

Examine our current practice to ensure that the nursery supports all aspects of the children's physical development

Continually review the resources available within the nursery to ensure they provide positive images and celebrate gender, ethnicity, religion, special educational needs and disabilities.

Monitor children's developmental stages and provide appropriate support and guidance.

Attend relevant training opportunities to update staff awareness and abilities to support this area of learning.

To utilise relevant books /magazines to enhance staff /children's knowledge.

Guidance will be taken from the Early Years Foundation Stage document and used throughout the schools

### **Assessment Aims**

To continually monitor and evaluate children's physical skills through:

- a) Daily observations
- b) Targeting children and their development
- c) Following the assessment policy