



Physical Development

Physical Development is one of the three prime areas of learning in the EYFS framework, and it is broken down into **fine motor and gross motor skills**. It involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. It also helps them to understand the importance of physical activity, and to make healthy choices in relation to food.

In our Reception classes we recognise the importance of physical development and how it underpins all areas of learning. **Gross motor skills** are those which require whole body movement and which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing and walking, running and jumping, and climbing. Here at Godinton, we are working hard to create an environment that allows children to practise these skills. Children are encouraged to take risks by using our climbing equipment, improve their core strength through building with large resources and digging in the sand tray, and develop their self-control and awareness of others through playful games and activities.

We also understand how important fine motor skills are, particularly as a basis for early writing. We therefore provide children with daily interactive 'Funky Finger' sessions, to help children develop their fine motor skills and hand-eye coordination. These exciting and irresistible activities include such things as threading beads onto pipe cleaners, drawing patterns with their fingers in the glitter, and using tweezers to pick sequins out of gooey hair gel! Children who need to further develop their dexterity, muscle tone or hand strength engage in regular 'Dough Gym' sessions. These high-energy lessons involve moulding dough in time to music and performing different actions such as flattening, pinching, squeezing and rolling. In addition to this, all children participate in a weekly 'Pen Disco' session where they create patterns and letter shapes in the air followed by the creation of these shapes on a smaller scale (such as with fingers in shaving foam, chalks on the playground, or simply by putting pen to paper). In our 'Investigation and Discovery' sessions, children are able to freely select tools that aid their fine motor development, including hole-punches, scissors, staplers and cool glue guns.

Gross Motor



Fine Motor

