



## Physical Development at York Road Nursery School



### Intention

At York Road Nursery all children are encouraged to enjoy the outdoors as much as possible in all weathers.

Being active helps to promote the children being healthy and is great for their wellbeing.

### Implementation

Being physical is vital for healthy bone development and growth in young children and at York Road Nursery School, we encourage children to experience a wide and varied range of activities that promote the development of their physical skills.

These activities help children to:

- develop both their fine motor and gross motor skills.
- learn the importance of keeping healthy through physical exercise and a healthy diet.
- manage their own hygiene and personal needs.

### Inside

Inside the nursery, there are plenty of opportunities for children to develop their fine motor skills which help to strengthen hand and finger muscles.

Children can:

- 'Mark-make' using pencils, charcoals, chalk, etc, paint using brushes, rollers, etc.
- use sponges, etc to create different effects.
- enjoy junk modelling and use their skills to use tape, glue, sting etc to join boxes etc together.
- Scissor cutting and snipping.
- Using tweezers to pick up small pom poms.
- Our messy play area allows children to enjoy all our malleable materials on offer. They can squeeze, roll, squash the playdough, manipulate clay and 'mark-make' in shaving foam amongst many other messy activities we provide. The children love 'Dough Disco', a regular activity at nursery where children squeeze, prod, pat, smack their own little piece of playdough to music, helping to develop those little fingers in preparation for writing!
- 'The Cottage' (outdoor role play area) encourages children to practise their dressing skills as they decide who they would like to be if they dress up using

materials and handbags which in turns helps them to be independent in putting on their own coats, shoes, etc.

- We have sand indoors and outdoors at nursery where children can practise taking off their shoes and socks (and putting them back on again!) and can experience the sand between their toes, helping to develop strength in their feet and ankles.
- Using the toilet independently will help children to understand to their own toileting needs and learn about personal hygiene and good handwashing routines.
- The children are encouraged to have a healthy snack at snack-time of fruit, milk and/or water.
- The children are encouraged to pour their own milk/water from a small jug.

### **Outdoors**

Our beautiful, spacious outdoor garden is fantastic in encouraging children to be active in several ways eg. running, jumping, spinning, rolling, riding climbing, balancing, etc.

Our outdoor equipment includes:

- climbing and balancing apparatus to support children's core strength.
- tricycles, scooters, and pull-along trolleys to encourage coordination.
- a wide selection of bats and balls etc to support and encourage hand/eye coordination.
- We also have a 'mud kitchen' where children can dig for worms or make big holes and use their imagination in cooking a delicious mud pie, stew, soup, or cake! Water is readily available for the children to practise their mixing, pouring, and stirring skills. The 'mud kitchen' not only helps support children's physical skills but also supports their language and communication along with their personal and emotional development as it encourages socialisation with others, sharing, taking turns.
- In another corner of the garden is our growing area, where children can practice their physical skills by digging and planting and caring for plants and vegetables such as strawberries, tomatoes, flowers.

At York Road Nursery we have sensory trails which again support the development of children's physical skills.

We also do mindfulness and yoga sessions to encourage wellbeing.

We are extremely lucky to be able to visit a local woodland on a school site on Wednesday mornings. Small groups are taken each week to ensure all children can access this fantastic facility. In the woods, the children can climb, explore, and use all their senses as they experience the nature around them.

### **Impact**

Our well-resourced areas in the nursery, both indoors and outdoors, enable children to learn and develop their physical skills. Children experience challenges to promote an "I

can do it!" attitude, supported by caring, motivated, and highly skilled early years practitioners.



### Physical Development

3 and 4 year olds will be learning to:

- Be increasingly independent as they get dressed and undressed, for example putting coats on and doing up zips.



### Physical Development

3 and 4 year olds will be learning to:

- Use one handed tools and equipment, for example making snips in paper with scissors.

