



## Physical Development in Year R



Physical Development is a Prime area in the Early Years Foundation Stage Curriculum it is divided into two areas of learning; Moving and Handling and Health and Self Care.

This involves providing opportunities for children to be active and interactive, and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

Children have weekly P.E. sessions where they develop a whole range of physical skills and participate in daily wiggly warm up sessions focusing on gross and fine motor control. Children also have many opportunities during Continuous and Enhanced Provision time to embed these skills when using the climbing frame and bikes.

### **Moving and Handling**

**By the end of Year R pupils should be able to;**

- ✓ Show good control and co-ordination in large and small movements.
- ✓ Move confidently in a range of ways, safely negotiating space.
- ✓ Handle equipment and tools effectively, including pencils for writing.

### **Health and Self Care**

**By the end of Year R pupils should be able to;**

- ✓ Know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.
- ✓ Manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.