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**Newburn Manor Nursery School**

**Physical Development Policy**

**April 2017**

**Review April 2018**

**RATIONALE:**

We believe that effective physical development helps children develop a positive sense of well-being. It is about:-

* improving skills of coordination, control, manipulation and movement
* helping children gain confidence in what they can do
* enabling them to feel the positive benefits of being healthy and active

*PURPOSE 1:*

*To plan activities that offer appropriate physical challenges in an environment that provides enough space, indoors and outdoors.*

GUIDELINES:

* Practitioners provide children with access to indoor and outdoor environments
* Children move spontaneously between these environments
* Where these environments are limited then practitioners arrange access to more suitable venues (park, community centre, local school hall etc.)
* Practitioners plan for the children to run, climb, balance, swing, slide, tumble, throw, catch and kick.
* Risk assessment procedures are carried out
* Safety is discussed with the children and their clothing checked
* Practitioners encourage and support children to become independent with their self-help skills.
* Practitioners encourage and develop fine motor skills eg the correct tripod grip to support drawing and writing skills.

*PURPOSE 2:*

*To give sufficient time for children to use a range of equipment.*

GUIDELINES:

* Planning allows for children to have sufficient time to persist and learn from their mistakes

*PURPOSE 3:*

*To provide resources that can be used in a variety of ways or to support specific skills.*

GUIDELINES:

* Resources include “small-world” toys, construction sets, threading and posting toys, shapes and materials for making as well as bikes, climbing equipment etc. so that there are opportunities for small and large movements
* Children are encouraged to take part in daily energetic activities as well as refining and practising skills
* Practitioners plan for movement using a range of stimuli, such as action rhymes, stories, music and props

*PURPOSE 4:*

*To encourage independence in physical activities, using additional support (physiotherapists, occupational therapists etc.) to help individuals with physical disabilities or motor impairments.*

GUIDELINES:

* Practitioners ensure that all children are encouraged to develop fine and gross motor skills
* Practitioners must pay careful attention to providing appropriate support for any children with mobility difficulties to ensure that they reach their full potential

*PURPOSE 5:*

*To introduce the language of movement alongside the children’s actions.*

GUIDELINES:

* practitioners use the vocabulary of movement and words of instruction