

PRIME AREA 2

Policy Statement: Physical Development

Physical development involves providing opportunities for young children to be active and interactive; 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 and personal hygiene.

Early Learning Goals should normally be achieved when a child completes their first year in a Reception class, around the time of their fifth birthday. By the end of the Reception year children should be able to:

Aspect 1: Moving & Handling

- 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

Aspect 2: Health & self-care

- know the importance of exercise and healthy diet for good health
- 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

Development Matters gives detailed guidelines on the expected developmental progression which supports children in working towards the Early Learning Goals. In our Montessori settings we provide the following activities to support them:

Aspect 1: Moving & Handling

At Horsham Montessori each child:

- has free access to safe indoor and outdoor environments
- develops their fine motor skills through pouring, transferring, threading, sewing, polishing, building and many more
- learns how to use tools like scissors, hole punch, screw driver and many more
- develops their gross motor skills through balancing, running, carrying, transporting, sweeping and many more

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- learns how to use outdoor equipment such as hoops, balls and many more
- learns group games and has fun with their friends

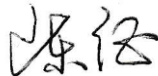
Aspect 2: Health & self-care

At Horsham Montessori each child:

- has free access to water and fruit snacks, learning to understand what their body needs to stay healthy
- grows up in an environment which fosters joy of movement
- is introduced to sports and yoga for children

Review Date: 04/04/2017

Signature:



Version Control Record:

Learning & Development: Physical Development

Version Number	Changes Made	Date	Person Responsible
LDP1_PD	Created	27/11/2013	Thea Bredie
LDP2_PD	Reviewed & updated	18/01/2015	Thea Bredie
L&DP3_PD	Reviewed & updated	04/01/2016	Thea Bredie
L&DP4_PD	Reviewed	04/04/2017	Jacky Brown