

# Newton Westpark Nursery



## EYFS Prime Area - Physical Development

We aim to provide safe and stimulating play, both free and structured for our children. A range of differential physical challenges are provided including the outside classroom. These activities and challenges help develop their gross and fine motor skills.

How you can help us with your child's **Physical Development**.

In order for children to further their physical development, they must practice the many skills that will ultimately lead to gross motor control, fine motor control and overall balance and coordination. This may seem like a lot to learn, but almost every physical activity in which they participate will offer children the chance to further these skills.

For children to master their gross motor skills, they should be encouraged to engage in activities that offer them the chance to walk, run, jump, and throw – outdoor activities are particularly suited to these skills. To master their fine motor skills, children should be encouraged to participate in stereotypical indoor activities such as cutting paper, writing, drawing, zipping and buttoning.

Coordination and balance can be practiced in most children's activities, so encouraging your children to participate in a wide and varied spectrum of activities each day will give them the best chance to round off all of their skills. Just be sure to encourage your children to engage in activities suited to their levels of ability or tears and frustration will likely result.