



Eastwood at the heart of community with community at heart

## Policy: Movement & Physical Development

**Date Adopted:**

Autumn Term 2017

**Policy Category:**

Curriculum

**To be revised:**

Autumn 2020

**Definition:**

Movement is fundamental to young children's learning and they must move throughout the day. Young children can struggle to learn if they are still.

Physical development is about the growth of the human body and the process of learning to move, to handle objects, to care for oneself and begin to recognise how to be healthy. It is also about learning through movement- children need to move in the world in order to learn and develop in all areas of learning.

**Rationale:**

The physical development of babies and young children must be encouraged through the provision of opportunities for them to be active and to improve their skills of co-ordination, control, manipulation and movement. They must be supported in using all of their senses to learn about the world around them and to make connections between new information and what they already know. They must be supported in developing an understanding of the importance of physical activity and making healthy choices in relation to food

**Aims:**

We provide a challenging and safe environment where children have the opportunity to develop through movement and develop their physical skills. We also develop children's understanding of the need for sleep, exercise, hygiene and eating to develop a healthy lifestyle.

**Objectives:**

We follow the guidance provided in the Early Years Foundation Stage curriculum for physical development.

We support children's physical development so that children can :-

- Move with confidence, imagination and in safety
- Move with control and co-ordination
- Travel around, under, over and through balancing and climbing equipment
- Show awareness of space, of themselves and of others
- Recognise the importance of keeping healthy and those things which contribute

to this

- Recognise the changes that happen to their bodies when they are active
- Use a range of small and large equipment
- Handle tools, objects, construction and malleable materials safely and with increasing control.
- Learn the language of movement.

Curriculum support for the development of children's physical development provides significant opportunity for the development and consolidation of the vocabulary of movement. This is particularly important for children for whom English is an additional language.

Boisterous physical activity is considered to be very important for children in terms of their developmental needs and at Eastwood there are many and varied opportunities for this type of play. This is particularly important for children with no access to outdoor play when not at school.

We provide specialist movement support and aim to have staff members trained in various aspects of movement education and where possible to commission specialist practitioners to work with children and staff.

## **Procedures and Practices:**

### **Promoting confidence, independence and autonomy**

Children have an opportunity to develop their independence skills throughout the day and when dressing and undressing for the different activities designed to promote their physical development. Children are encouraged to try healthy foods and to use cups when drinking water and use straws with cartoons of milk which are provided every day. They have the opportunities to use cutlery at lunch time and also in cooking activities. Children are encouraged to make choices and to be autonomous.

### **Safety**

Adults are trained to be aware of the safety factors regarding the setting up and storing of equipment. Apparatus is used in a way that is suitable and appropriate for the abilities of the children. Children should not wear inappropriate footwear or jewellery in the Centre.

Children are encouraged to remove shoes and socks prior to movement sessions and wear water proof outfits and Wellingtons prior to Forest School session. Our dress code ensures children are ready to learn through movement throughout the day

**Written By: Curriculum & Achievement Committee**

**Headteacher's Signature:**

**Chair of Committee**

**Date: Autumn 2017**