

## Our educational programme Continuous Provision

### Physical play

Physical development is as important in young children's development as intellectual development. We provide many opportunities for physical play to promote children's fine and gross motor skills and hand / eye coordination. Children enjoy physical play, indoors and outdoors. They revel in freedom of movement and in play that is inventive, adventurous and stimulating. They also learn social skills as they cooperate with one another and show consideration for one another. They enjoy activities that develop their large motor skills and body management, balance, bodily co-ordination, strength, agility and confidence. Children develop their fine motor skills and hand / eye coordination as they participate in a range of sensory play activities, arts and crafts, construction, imaginative / role play and small world play. Children need these skills in order to become competent in many areas of life including writing, handling tools, using cutlery, handling delicate things, including living things, and turning the pages of books. Regular Yoga sessions provide a great way for children to stretch their muscles and ease tension in their bodies. It also helps them to remain supple and is great for bone development and bone strength. Yoga helps children develop their body and spatial awareness. It teaches children how to use their bodies in a healthy and active way. Regular physical activities support children's agility & movement, balance & co-ordination and throwing & catching skills. These physical activities help children to solve problems, work together as a team, communicate and understand spatial awareness.

Here are just a few of the Physical play activities children access regularly.



Areas of learning covered during Expressive Art & Design: Communication & Language; Personal, Social and Emotional; Physical, Numeracy, Literacy, Understanding the World, Expressive Art and Design.