

Foundation Stage Physical Development

INTENT

At John Ray Infants we are very aware that a lot of our children start school with limited experiences of physical play and under developed gross and fine motor skills. It is our intent to offer all children the opportunities to develop and practise the control they have over their own bodies. We aim to work with our families to enhance the knowledge and skills of self – care, healthy living and how to stay safe for all our children.

IMPLEMENTATION

All children will be given the opportunities to improve and enhance their gross motor skills through our curriculum which includes access to a large outside area. Here the children can practise climbing on our pirate ship, running, jumping, skipping and other gross movements that all children need. We enhance our environment by the use of big construction such as planks and tyres; play chasing games to develop spatial awareness, use the parachute and have a range of throwing and catching activities. We also have regular visits to Forest School to enhance physical development in a more challenging setting.

In addition, children are encouraged to develop finer movement control which involve the ability to control the use of one-handed tools and equipment e.g. digging tools, paint brushes, mark-making and writing tools.

Within the classroom children are encouraged to use a range of tools to enhance skills and we have daily Funky Finger activities for all to consolidate and extend their coordination and control. Our handwriting scheme further develops the control children have so that they can become confident writers.

All Foundation Stage children have access to a regular PE lesson, which encourages children to be able to change themselves independently, as well as take part in focused activities such as gymnastics, multi skills and dance, which further develop their physical skills.

We are also developing children's understanding of how their bodies work and what they need to be healthy and safe, (including knowing when they are hungry, cold, hot or thirsty) through our curriculum. Our daily snack encourages all children to self - select healthy choices, and we encourage them to try new foods on a regular basis.

IMPACT

GLD at the end of 2019 was 89% after a huge focus on developing this area of the curriculum. All families received a physical skills checklist to work on at home which helped a lot of the children. This year our new families received this checklist in July so they could encourage and help their children before they started school. Initial feedback has shown that more children seem to have more self – help skills and can try independently to dress and undress themselves but there are still a lot more who need to develop these areas, as well as being confident to use tools and mark making objects.

The impact of this continued focus will be that all children become confident, independent learners, capable of using their gross motor and fine motor physical skills in many areas. They will be able to keep themselves safe and understand how important good health is.