

# Area of Learning:

## Physical Development

This area of Learning is all about children developing control and co-ordination of their bodies.

Through outside play they will learn how to handle equipment like bikes, prams, scooters, climbing frames and balls and develop skills like pushing, pulling, balancing, climbing and jumping.

Through painting, drawing, construction and small world toys, they will develop small manipulative skills - such as pencil control, handling small objects, threading.

What activities will they experience in settings to develop physical development?

- Provide large apparatus for the children to develop skills like climbing, jumping, balancing.
- Children will be aware of safety issues and be encouraged to share, take turns and wait.
- Small equipment to develop twisting, turning, pushing, balancing. Many of these skills will be experienced through play situations. Farms, play mobile, cars, dolls houses.
- Use playdough and plasticine to manipulate by squeezing, pulling twisting, stretching and build up their vocabulary.
- Follow patterns using fingers, hands, pencil, crayons and create their own patterns.

How can I help my child at home?

- Take your child for walks, playing in the park, the garden.
- Provide toys that develop skills like pushing, pulling, turning.
- Help your child to use knives, forks. Teach them how to do up zips, buttons.
- Use balls to play throwing, catching and kicking games.