

The Importance of Physical Development in Early Years

Parent Involvement

The Importance of Physical Development in Preschool

Today is to help us:

Understand how physical development supports children's overall growth, learning, and well-being, and how they can support this at home

- EYFS Framework for Physical Development
- Fine & Gross Motor Skills
- Preschool's Role in Supporting Physical Development
- Tips for Home Activities

We will have a typical Physical Development Group time

Followed by free play based around physical development

Physical Development in the EYFS Framework

Physical Development is a **prime area** in the EYFS, emphasising the importance of movement, coordination, and body control for children's holistic development.

Areas of Focus:

- **Gross Motor – Large Movements**
- **Fine Motor – Smaller Movements**

Why is Physical Development Important?

Builds Core Strength and Coordination: Essential for good posture, balance, and control.

Supports Cognitive Development: Physical activity helps brain development by forming connections that enhance memory, attention, and problem-solving.

Develops Independence: Fine motor skills help children with everyday tasks like dressing, feeding, and writing.

Encourages Social Skills: Participating in physical activities fosters teamwork, cooperation, and understanding of rules.

Promotes Health and Well-being: Physical activity instills a love for movement, supporting lifelong health habits.

Gross Motor Skills

Examples of Gross Motor Skills:

- Running, hopping, skipping, and jumping.
- Climbing, balancing, and throwing.
- Dancing and participating in active play.

How We Support Gross Motor Skills at Preschool:

Outdoor Play Areas: Our playground is equipped for climbing, running, and balancing.

Movement Activities: Daily physical activities, including obstacle courses, ball games, and group exercises. PE Session with a trained coach.

Dance and Music: Incorporating dance routines and rhythm activities to build coordination and rhythm.



Fine Motor Skills



Examples of Fine Motor Skills:

- Drawing, colouring, and writing.
- Using scissors, building with blocks, and handling small objects.
- Everyday activities like buttoning, zipping, and using cutlery.

How We Support Fine Motor Skills at Preschool:

Art and Craft Activities: Painting, colouring, and cutting exercises that improve hand-eye coordination.

Manipulatives and Puzzles: Using building blocks, beads, play dough, puzzles to strengthen hand muscles and improve grip.

Practical Life Skills: Encouraging independence with self-care tasks like dressing, hand-washing, and snack time



How can you support at home?

Parents and Carers are key partners in this journey. With our shared efforts, we can ensure your child reaches their physical development milestones and builds the foundation for a healthy, active lifestyle.

Gross Motor Tips:

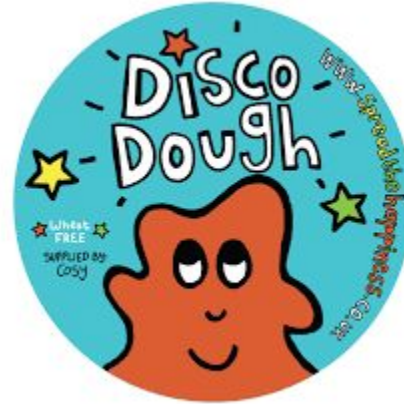
- Create opportunities for movement, like a safe space for dancing, running, or even building a mini obstacle course.
- Encourage outdoor play at parks or gardens, allowing climbing, jumping, and exploration.
- Engage in family activities like bike riding, hiking, or swimming.

Fine Motor Tips:

- Provide art supplies like crayons, markers, and playdough for hands-on, creative work.
- Introduce small puzzles, blocks, and bead threading to develop hand strength and coordination.
- Encourage daily tasks such as buttoning clothes, using zips, pegging out clothes and cutting food.

Today you will see...

First, we will all do a Dough Disco



Then, you will see that there are some activities set up, which are focused on the children's physical development.

Please explore and play with your child.