

Teaching and Learning

Physical



“Physical activity is vital in children all round development enabling them to pursue happy, healthy active lives”

Help for early years providers DfE

What are the aspects of physical development?

- Core strength and co-ordination
- Gross motor
- Fine motor

Task 1

What do each of these aspects mean to you? Under each of the headings above, review how your curriculum already enables you to support children in these areas.

Consider what more you could provide?

There are additional cards with the Areas of Development section of the Q cards, that will enable you to explore this area in a greater depth.