

## Physical Development



Key areas:

- Moving and handling
- Health and self-care

This area of learning:

- supports your child's healthy development
- will encourage your child to move confidently and in safety
- provides opportunities for using a range of large and small equipment
- helps your child to develop an awareness of the space around him/herself and others
- encourages the development of balance
- will improve skills, such as climbing, developing safely in stages
- provides opportunities to develop the practical skills needed to dress and undress, eat skilfully and have personal independence in the bathroom
- gives opportunities to develop safe use of a range of practical tools.

You can help your child by:

- providing a play area for him/her that offers space to move freely
- making opportunities for physical activities, both indoors and outside
- giving her resources that gradually introduce new physical skills
- encouraging him/her to dress and undress him/herself, and dolls and teddies
- playing games that draw attention to personal space
- enjoying music and movement that recognises personal space and encourages him/her to move in different ways, such as crawling, sliding and hopping
- engaging in activities that encourage controlled movement, such a throwing, catching, pulling and pushing.

