

## Physical development

*UNCRC Article 24: Every child has the right to the best possible health.*

Physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

By the end of their Reception year, most children will either be emerging, working at the expected level, or exceeding the following statements.

### **Moving and handling**

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.

### **Health and self-care**

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

More Information about the Early Years Foundation Stage is available through this link:

[Early Years Foundation Stage](#)

At Pondhu, we follow Leap into Life, a Fundamental Movement Programme which supports children's early movement and coordination skills. In addition to this, the children experience regular 'Imynda' sessions which encourages them to explore movement and enhance their imagination in response to a variety of stimuli.