

Physical Development

Physical Development is a vital area of child development which enables children to pursue happy, healthy and active lives. Gross motor skills provide the foundation for developing healthy bodies and emotional well-being; fine motor control helps with hand-eye co-ordination.



Physical activities in our setting promote healthy growth and development, so children can build stronger bones and muscles. Our children enjoy a wide range of physical activities such as: soft play, exploring climbing equipment in our outdoor area, water play, mark-making, small world activities and opportunities to use a variety of equipment, including a wide range of one-handed tools.



CRC Article 24: All children have the right to be healthy.