



Physical Development



Physical Development covers gross motor and fine motor development. Gross motor skills are developed both inside and outside, where children are encouraged to play with large equipment to exercise their muscles. Children have the opportunity and are encouraged to run freely, climb, skip, jump and learn to balance on equipment. This helps them to develop self-confidence and self-awareness.



Use of PE equipment, including hoops, bats and balls, encourages co-ordination and skill acquisition. Fine manipulative skills are developed with construction toys, jigsaws, threading and use of small tools, including kitchen utensils. Children need to be able to manipulate and control small items to enable them to use mark-making tools effectively.



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