

EVIDENCE UPLOAD: upload an example of how the Physical development curriculum links to further activities to promote and support the health and wellbeing of the children (it could be photos with a short summary and information about the positive impact it has on children).

Our physical development supports the health and wellbeing of children in several ways.

The children enjoy our yoga sessions which promote being active, core strength and balance. This activity has a positive impact on children's emotional regulation and being in tune with their bodies.



Our range of physical apparatus outside challenges children's physical development. Continuous provision means that children can revisit their past learning and try again to achieve what they set out to do. This promotes children's self-confidence and self-awareness, as children feel proud of their achievements when they master a new skill.



Our outdoor area and equipment provide children with lots of opportunities for using their core strength and gross motor skills to support their health and wellbeing. It also provides lots of opportunities for play with peers and building relationships. We have single and double bikes and props such as tubes and cones, and large loose parts which children use to build with and play imaginatively with each other whilst being active. Playing with peers support the wellbeing of children as they build important social skills such as turn taking and listening to others and working as a team.



Our outings support children's activeness as we walk to all our outing, providing children with more opportunities to enjoy walking outdoors and to practice important road safety skills. At the nursing home children take part in singing, dancing and action songs. This promotes children's wellbeing and links to children's understanding of the world and sense of belonging as children learn about and interact with people in their local community. At the allotment, children spend time in nature and practice their gardening and planting skills, using gross and fine motor skills. (See photos below)

