



Physical Development Policy

Rationale

Here at Stepping Stones Nursery our aim is to promote Physical development for all children regardless of age and physical development.

Our Aims

- To ensure all children have a least 1 hour of physical activity per day.
- To ensure the space provided is organized to allow a wide range of activities, this includes all group activities.
- To ensure space is used creatively & ensure all staff provides opportunities to allow the children to develop their physical skills.
- To ensure that the indoor and outdoor areas are defined so that they link to the Early Years Foundation Stage guidance.

Stepping Stones works in guidance with the Early Years Foundation Stage framework, to achieve the children's individual goals in accordance with the children's age ranges in the areas of

- Gross motor skills
- Fine motor skills
- Health and bodily awareness

This is to encourage the following aims

- Physical Growth
- Health
- Developing a sense of identity, self esteem & self confidence.
- Problem Solving
- Co-ordination
- Co-operation
- Experimentation and goal setting
- Spatial awareness
- Development of values (fairness, honesty & respect)

We try to emphasize the importance of being active & encourage all children and their Parents to have healthy lifestyles.

All activities are adapted to suit the individual child.

This policy was adopted on	Signed on behalf of the nursery	Date to be reviewed
<i>August 2017</i>	<i>Adele Stone</i>	<i>August 2018</i>