

Parent Information Leaflet

Physical Development (PD) in Early Years (3-5 Years)

Welcome

Physical Development (PD) is a key area of learning in the Early Years Foundation Stage (EYFS). It helps children develop the strength, coordination, balance and fine motor skills they need to become confident, independent learners.

Through a variety of fun and engaging activities, we support children in developing both their gross motor skills (large body movements) and fine motor skills (small hand and finger movements).

What is Physical Development?

Physical Development helps children to:

- Develop balance, coordination and control
 - Build strength and stamina
 - Improve hand-eye coordination
 - Develop fine motor skills for writing
 - Learn healthy lifestyles and self-care skills
 - Gain confidence in movement and physical challenges
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Gross Motor Skills

Gross motor skills involve large movements using the arms, legs and whole body.

Examples of Gross Motor Activities at School

Children may:

- Run, chase and play tag games
- Jump from different heights and over obstacles
- Hop, skip and gallop
- Balance along beams, benches and stepping stones
- Climb on outdoor equipment
- Throw, catch and kick balls
- Participate in parachute games

- Ride bikes, trikes and scooters
 - Join in with dance sessions and action songs
 - Complete obstacle courses
 - Practise movement activities
 - Take part in PE lessons and team games
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Fine Motor Skills

Fine motor skills involve small movements of the hands, fingers and wrists.

These skills are essential for writing, drawing, dressing and everyday independence.

Examples of Fine Motor Activities at School

Children may:

- Use playdough to squeeze, pinch and roll
 - Thread beads onto string
 - Build with small construction toys such as LEGO
 - Use tweezers to pick up small objects
 - Complete jigsaw puzzles
 - Draw, colour and paint
 - Cut with scissors
 - Trace patterns and shapes
 - Use stickers and stamps
 - Practise mark-making with pencils, chalk and pens
 - Fasten buttons, zips and buckles
 - Peg washing onto a line in role-play activities
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Outdoor Learning

Our outdoor environment provides many opportunities for physical development.

Examples include:

- Climbing frames and balancing equipment
- Ball games
- Large-scale mark making with chalk and paintbrushes
- Nature walks and scavenger hunts
- Moving equipment such as crates, tyres and planks
- Water and sand play using scoops and containers

Healthy Bodies, Healthy Minds

Children also learn about:

- Healthy eating
- Personal hygiene
- Washing hands correctly
- The importance of exercise
- Staying safe during physical activities
- Rest and sleep

How You Can Help at Home

You can support your child's physical development through everyday activities such as:

Gross Motor Activities

- Walking to school where possible
- Visiting parks and playgrounds
- Playing football or catch
- Riding bikes or scooters
- Dancing to favourite songs
- Family walks and outdoor adventures

Fine Motor Activities

- Colouring and drawing
- Using playdough
- Baking and mixing ingredients
- Threading pasta onto string
- Helping with dressing
- Using child-friendly scissors
- Building with blocks or construction toys

Early Learning Goal: Physical Development

By the end of Reception, children will work towards:

Gross Motor Skills

Children will move confidently and safely with coordination, balance and control.

Fine Motor Skills

Children will use a range of tools effectively and demonstrate the pencil control needed for early writing.

Working Together

When schools and families work together, children develop the confidence, independence and physical skills they need for future learning.

If you have any questions about your child's physical development, please speak to a member of the Early Years Team.