

Table 5: Activities that help support physical development in children



Physical development	Example Activities
<ul style="list-style-type: none"> • Move with confidence, imagination and in safety 	<ul style="list-style-type: none"> • Rolling, crawling, marching, running, skipping, galloping, climbing • Performing stories, actioning rhymes • Adjusting speed and direction. Moving around safely • Moving to music
<ul style="list-style-type: none"> • Move with control and coordination 	<ul style="list-style-type: none"> • Performing basic actions on the spot and then moving\being able to hold a shape or a fixed position
<ul style="list-style-type: none"> • Show awareness of space, themselves and of others 	<ul style="list-style-type: none"> • Moving using fingers, hands, feet, tummies, elbows • Performing action songs with an emphasis on parts of the body • Exploring personal space “pretend you are in a bubble” • Playing Follow the Leader
<ul style="list-style-type: none"> • Recognise the importance of keeping healthy 	<ul style="list-style-type: none"> • Knowing exercise is important to keep the body healthy • Distinguishing between healthy and unhealthy foods • Recognizing the need for rest after being active
<ul style="list-style-type: none"> • Recognise the changes to their body when active 	<ul style="list-style-type: none"> • Recognising that the heart beats faster when exercising • Appreciating that they may be out of breath after being active
<ul style="list-style-type: none"> • Use a range of small and large equipment 	<ul style="list-style-type: none"> • Activities with balls, bats and simple games equipment • Participating in parachute games
<ul style="list-style-type: none"> • Travel around, under, over, through equipment 	<ul style="list-style-type: none"> • Using apparatus to climb, jump on / off • Using play tunnels
<ul style="list-style-type: none"> • Handle objects safely and with increasing control 	<ul style="list-style-type: none"> • Practising dressing and undressing skills • Playing with small play equipment such as beanbags