

Physical Development

Learning to explore our environment through physical movement is very important, concentrating upon skills already acquired and building on them to encourage increased independence. This includes learning to grasp, reach, produce voluntary movements towards a goal or to roll, crawl, walk and climb. We have access to the outdoor area where we are encouraged to move as independently as possible, and also have access to lots of equipment within the classroom. Physical movements also help us to learn about our bodies. It is important that the child with limited spontaneous movements is provided with the opportunity to explore his/her environment too so we implement a "physical management programme" which ensures that the child is placed in different positions throughout the day; sitting, lying over a wedge, side lying, standing in a prone/supine standing frame, and long-sitting with an adult. This also helps to exercise muscles and discourages bad body posture. Within the physical development area of learning we learn to move and handle, and also about health and self-care.