

## Physical Development at Ditton Nursery School

We believe that being active is a huge part of a happy, healthy childhood. We provide plenty of space, time, and exciting opportunities for your child to move, play, and grow—both indoors and outdoors. Here is how we support your child's physical development and wellbeing every day:

### Moving and Growing (Gross Motor Skills)

Before children can learn to write, they need to build strong muscles in their bodies, shoulders, and arms. We help our children develop their core strength, balance, and co-ordination through active play.

- **Big movements:** Your child will enjoy running, jumping, climbing, skipping, and balancing in our large outdoor area and indoor soft play space.
- **Teamwork:** We encourage children to solve physical challenges together, like pushing a two-seater bike up a slope or carrying large play equipment.
- **Building shoulder strength:** We use fun activities like waving large ribbons, playing with parachutes, and using giant rollers and long brushes to paint with water outside.

### Clever Fingers (Fine Motor Skills)

We give children daily opportunities to strengthen their hands and fingers, which builds the hand-eye co-ordination they need for drawing, writing, and using tools.

- **Fun activities:** Children play with puzzles, playdough, threading beads, tweezers and building blocks to practise pinching, twisting, and gripping.
- **Using tools safely:** We support children as they naturally find their favourite writing hand. When they are ready, we help them hold a pencil comfortably and learn to use tools like scissors safely.

### Healthy Habits for Life (Self-Care and Wellbeing)

Physical development is also about learning how to look after our bodies. We help your child become happy, independent, and healthy.

- **Independent self-care:** We support your child as they learn to put on and fasten their own coats, put on shoes, and wash their hands properly.
- **Healthy Snack Routines:** Every day, we offer nutritious snacks to help children learn about healthy food choices and understand when they feel full or hungry.
- **Supervised Toothbrushing:** To protect those bright smiles, we run a fun, supervised toothbrushing routine at nursery to help establish good oral hygiene habits from the very start. We also have a dentist who comes to visit us too.