

Physical Play

When I am involved in physical activities I am learning to:

- Gain confidence in my own abilities, understand the positive benefits of being healthy and active.
- Develop a positive sense of well-being.
- Evaluate and take risks and know how to be safe and use equipment safely.
- Explore the space around me safely and control my movements.
- Respond to music with movement and repeat a range of movements.
- Negotiate space, balance, roll and catch objects, move in a variety of ways, construct with large and small objects.
- Show increasing control over equipment.
- Manipulate materials and use simple tools.
- Build and balance with a range of materials.



What will I use?

Hoops, tunnels, crates, pallets, large fabric, P.E mats, P.E stools, range of balls-different sizes, textures and weights, spacehoppers, pin-pong balls, ribbons, unusual catching toys, tennis balls, bats, stepping stones, balance logs, skittles, ropes, big wagon, pushchairs, bikes, scooters, trikes, big hollow blocks, woodwork tools, pegs and pegboards, threading-beads and cotton reels, wheelbarrows, low plastic steps, steps in garden, plastic spades, metal spades, rocking see-saw, wobble board, skipping ropes, brushes

What will I do?

Select own equipment. Explore changes in direction. Develop ball control. Develop body strength. Become aware of changes in own body. Run and climb and challenge your own capabilities. Learn to push, pull and share resources
Roll, jump,crawl, spin, balance, wobble,build, balance, explore size and shape, take turns, change positions,
Use a range of tools safely. Manage my own belongings

What will the adult do?

Physically support the children. Provide a safe environment. Challenge the children out of their comfort zone
Help with things physically beyond the children. Model skills, play alongside. Suggest alternative resources
Add correct language and vocabulary and commentate
Join in with dancing
Praise all attempts. Praise children for 'doing it themselves'

What will the area look like?

Majority of resources stored in staff cupboard
Some resources accessible in shed and outdoor storage chests.
Kit bags of sports equipment for both inside and outside
Ball play available on large field
Range of bikes, trikes, scooters to use in hall and on patio
Steps and sloping surfacing outside, tree for climbing.
Weekly forest school sessions offering opportunities for tool use, climbing,movement.
Planned use of woodwork tools
Daily free-flow access to garden
Planned daily sessions in the hall.