



Top tips to nurture your child’s physical development

Parents choosing to send their child to Sandy Lane Nursery and Forest School know that they will have lots of opportunities to engage in high quality experiences as they explore our extensive outdoor environment, including sessions in our ‘magical’ forest school. We support children to develop confidence to move in a range of ways over different surfaces, develop skills of running, rolling, climbing and balancing. The outdoor environment also provides opportunities for children to use equipment like bats and balls, den making, creating their own obstacle courses, riding bikes and of course mark making, messy play and sand and water on a large scale. Engaging in these physical activities are vitally important for young children as it helps them to learn about their bodies and develop their muscles. In addition, Sandy Lane Nursery and Forest School actively promotes healthy eating and oral hygiene with a range of activities each half term. Look out for our posts on Tapestry and Facebook.

We are passionate about learning, both indoors and outdoors and we aim to foster a love of the outdoors and respect for the environment in all our children. Physical development is one of the three ‘Prime Areas of Learning’ within the EYFS and the government recommend that children between the ages of 1-5 years have opportunities to engage in 3 hours of physical activity daily. Your child will have lots of opportunities to be physically active during their nursery sessions and here are a few top tips on how you can support their physical development at home.

If you have any questions or concerns about your child’s physical development please speak to your key worker who will be happy to help.



Is your family registered with a local dentist?

**The nearest one to nursery is
COTSWOLD DENTAL CARE on
Cotswold Road**

Tel: 01925 445425

This is for your information only, we are not able to provide a recommendation regarding this practice

At home you could

- Walk to nursery if you are able. This is also a good opportunity to talk about what you see on your journey as well as learning about road safety.
- In the garden or the local park play:
 - simple games like statues – run, hop, skip or jump then stop on a hand clap and stand like a statue
 - ball games like football, target games, throwing and catching
 - simon says – using different movements – ‘Simon says – roll like a ball – slither like a snake – hop like a rabbit...’
- Use household items to make an obstacle course
- If you have a garden set aside space for your child to dig
- Jump and splash in puddles on a rainy day
- Use paper or ribbons to make streamers and encourage your child to run with them on a windy day
- Take your child to the park and encourage them to climb, swing and balance on the equipment
- Play simple chasing games
- Use old sheets, boxes or a clothes dryer to make a den
- Let your child make marks on a big scale – things like chalk on the floor, using an outdoor brush to move puddles or make bubbles in soapy water, using a small brush to paint bricks with water
- Put on some music and have a daytime disco
- Help your child to brush their teeth for 2 mins twice a day

Useful Websites



Let's go club! - Ideas to encourage your child to get physical active

<https://www.bbc.co.uk/cbeebies/curations/the-lets-go-club-get-active>

YolanDa's Band Jam – music to bop, bounce and boogie to!

<https://www.bbc.co.uk/cbeebies/shows/yolandas-band-jam>



Cosmic Kids Yoga – Yoga, mindfulness and relaxation

<https://www.youtube.com/user/cosmickidsyoga>



2 minute Tooth brushing songs

<https://www.youtube.com/watch?v=O4wDITXrvrc>

<https://www.youtube.com/watch?v=dm-VYIK9HHo>



NHS advice on taking care of your children's teeth

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>



Twinkl Joe Wicks Workout Videos

[Joe Wicks PE Lesson - Joe Wicks 8-Minute Workout - Twinkl](#)



Ideas to encourage your child to eat healthily and be active

<https://www.nhs.uk/change4life>

Did you know??

3-4 year olds should do at least 1 hour of moderate to vigorous physical activity a day. This type of activity increasing the breathing and heart rate



IMPORTANT – Please remember to check all website links to ensure the content is appropriate before sharing with your child

Did you know??

To promote healthy eating our home learning include cookery bags.

We also regularly post healthy recipe ideas on Facebook and Tapestry for you try at home. If you have any recipe ideas please post them on these platforms and we can create our very own Sandy Lane Recipe Book

During your child's sessions at nursery they will be provided with a healthy snack of fruit and vegetables – some of which the children have grown in our nursery garden. For parents of children who attend for 30 hours we also have ideas for healthy lunchbox on our website <https://www.sandylanurseryandforestschool.co.uk>

Follow these links PARENTS – NEW STARTERS – HEALTHY EATING

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

Aim for at least
180
Minutes
per day
for children 1-5 years



Under-1s
at least
30 minutes
across the day

TUMMY TIME



Get Strong. Move More. Break up inactivity