

Sandy Lane Nursery and Forest School



“Nurturing curiosity and inspiring imagination”

Top tips to nurture your child’s physical development

Physical development plays an important part in child development as a whole, not only does physical activity help to improve health and fitness but it also helps to improve concentration, motor skills and thinking skills. At Sandy Lane Nursery and Forest School we offer lots of opportunities for children to engage in physical activity. We have an extensive outdoor environment that has climbing equipment, a PE trolley filled with resources, a sand pit and vast spaces for exploring. Our crowning jewel is Robin Wood our magical forest school, during forest school sessions children are encouraged to explore the environment where they will find a range of terrains for them to develop essential skills like, jumping, balancing, climbing and rolling. Engaging in these physical activities are vitally important for young children as it helps them to learn about their bodies and develop their muscles.

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.



Did you know ??

Physical activity is vital for your child’s well-being and research shows that it also impacts positively on their learning later in life

At home you could...

- Walk to nursery. If you can try walking to nursery, it’s a great way to explore your local community, learn all about road safety, and take some time out to spend quality time together talking about the day ahead whilst getting some exercise.
- Play keep the balloon up, this activity is good for helping your child to develop their coordination and thinking skills as they must plan where to move to next in order to ensure the balloon does not touch the floor.
- Help to develop your child's throwing ability with a wet sponge activity, on a hot day fill up a bowl with water and a selection of sponges and encourage your child to throw the sponge at the wall or on the pavement and see what patterns you can make together.
- Run away from the monster, play a game of chase and catch with your child and pretend to be a monster or anything that will get them running and laughing their heads off.
- Play hopscotch, use tape or chalk to mark out hopscotch and show your child what to do, hop then star jump and repeat until the end.
- Have a dance party. Switch off the lights and put your child’s favourite music on and get dancing.
- Play how does an animal move? Can you slither like a snake? Can you stomp like an elephant? Can you gallop like a horse?

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>



Twinkl Joe Wicks Workout Videos

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

Free places to explore in Warrington

Walton Hall and Garden

Free play area, free children's zoo and a large grassy space for picnics and playing

Warrington Museum and Art Gallery

Go for a walk around Warrington museum and art gallery there is so much to see and learn about and it's a great way to get out the house.

Lymm Dam

A lovely space to go bird watching and climbing trees there's so much to explore.

Did you know?

The NHS recommends that 2 year olds get around 180 minutes of physical activity every day. This can be spread out across that day and should include some outdoor play.



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