

Regularly engages in gross motor activities

Physical activity is essential for children's health, wellbeing, and development. Gross motor activities help children develop strength, balance, coordination, body awareness, and confidence. Regular opportunities for active play indoors and outdoors support children's physical, social, and emotional development.

Practitioners can support children by:

- Providing regular opportunities for active play indoors, outdoors, and in larger environments such as parks, woodland areas, and Forest School sessions.
- Encouraging a wide range of physical activities that develop strength, balance, coordination, and movement skills, including climbing, crawling, balancing, pushing, pulling, lifting, obstacle courses, and movement-based stories.
- Supporting children to take appropriate risks and engage in physical challenges that build confidence, resilience, and independence.
- Observing children's physical development and coordination, ensuring opportunities are available to practise and strengthen skills through play and daily routines.
- Working in partnership with parents to promote physical activity and independence at home as well as within the setting.
- Seeking further advice and support where concerns about a child's physical development or coordination persist.

Activities, Ideas, Resources and Strategies:

- Play games such as Simon Says, Follow the Leader, What's the Time Mr Wolf? and parachute games
- Offer activities that build core strength, such as crawling through tunnels, wheelbarrow walks, animal walks, yoga, and climbing
- Incorporate movement into daily routines through action rhymes, dance breaks, and movement sessions
- Encourage children to help with practical tasks such as carrying equipment, moving resources, sweeping, or gardening
- Visit local parks, playgrounds, woodland areas, and open spaces to provide a range of physical challenges
- Provide loose parts such as planks, tyres, crates, and logs for children to build their own physical play experiences
- Offer opportunities for risky play appropriate to the child's age and stage of development, such as climbing, balancing, and jumping from low heights
- Create challenging and engaging physical play experiences using obstacle courses, loose parts, active stories, action songs, movement games, and dance activities.
- Support the development of core strength, coordination, balance, and spatial awareness through activities such as climbing, animal walks, yoga, tunnel play, and carrying or moving equipment.