

## Developing physical skills

Why not have a themed week at your nursery, to focus on different physical skill development?

### Learning aims

- To promote fitness and health
- To keep physically fit
- To develop different muscles.

### Resources

- Wide range of sports equipment (whatever you have available).



### Activity Outline

Support children to learn new skills such as kicking a ball, using a bat or throwing a Frisbee.

Why not set up an obstacle course?

- Set up different activities inside and outside to develop different muscles, don't forget your fine motor muscles too
- What about an obstacle course? This develops a wide range of muscles as you run, crawl, jump, climb, skip, hop
- Set up an obstacle course for the children to engage with, but allow it to be moved and adapted by the children to suit their own needs and design their own course
- Children could set up a course for their friends
- Babies and toddlers can also do obstacle courses too, why not add crawling tunnels and climbing ramps to their area to develop their muscles?

Think about equipment:

- For your older children why not see if the local school will let you go and use their equipment in their playground / sport's field?
  - This will not only help with transitions but also help children access the kind of PE resources they will be using in school.

You could host a Sports Day:

- Hold a Sports Day on the last day of the week so the children can show the skills they have learnt
- Invite your parents in – they could take part too!
- Make sure you have “races” that enable all children to be able to take part and have a chance of winning. Why not do a “slow” race?
- The children could make their own medals and trophies to give out to their friends.