

Outdoor adventurous activity – Through the continuous provision of outdoor adventurous activities, children will learn about the environment in which they live. They will learn about people, cultures and communities as well as the natural world. Children will be encouraged to be imaginative and expressive in this environment while developing their gross motor skills. Children will be given the continuous opportunity to partake in active activities that will help with physical development, as well as PSED, while improving their cognitive, social and fitness skills.

Reception's Physical Education Journey

Development Matters in the Early Years Foundation Stage (EYFS)

Personal, Social and Emotional Development—Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Physical Development : Health and Self-Care—Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

