



The
Early Years
Team



EYFS Reforms: Physical Development

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EYFS Framework



The framework sets out 3 prime areas of learning that underpin everything in the Early Years:

- Communication and language
- Personal, social and emotional development
- Physical development



Current Educational Programme



2017

Physical development involves providing opportunities for young children to be active and interactive; and to develop their co-ordination, control, and movement. Children must also be helped to understand the importance of physical activity, and to make healthy choices in relation to food.

New Educational Programme



- Gross and fine motor
- Developing strength, co-ordination and positional awareness
- Core strength, stability, balance and spatial awareness
- Social and emotional well-being
- Hand eye co-ordination



Early Learning Goal



ELG: Gross Motor Skills

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others;
- Demonstrate strength, balance and coordination when playing;
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.



Early Learning Goal



ELG: Fine Motor Skills

Children at the expected level of development will:

- Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases;
- Use a range of small tools, including scissors, paint brushes and cutlery; -
- Begin to show accuracy and care when drawing.





Development Matters

- All children learn more in the period from birth to five years old than any other time in their lives. If children are at risk of falling behind the majority, the best time to catch up and keep up is in the early years.
- Development Matters September 2020 Pg 4



Physical Development Checkpoints



At around 12 months, can the baby pull to stand from a sitting position and sit down?

Around their second birthday, can the toddler run well, kick a ball, and jump with both feet off the ground at the same time?

Around their third birthday, can the child climb confidently, catch a large ball and pedal a tricycle?



NHS Recommended Activity Levels

- Babies (under 1 year) – 30 mins of tummy time 
- Toddlers (aged 1-2) 180 minutes 
- Pre- schoolers (aged 3-4) 180 minute including at least 60 minutes of moderate to vigorous 

[Physical activity guidelines for children \(under 5 years\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Early Movers



- [Helping under-5s live active and healthy lives — Early Movers](#)

- Primitive reflexes



Physical Development and how it support learning

- Balance
- Proprioception
- Crossing the midline



Role of the Adults



- How do you ensure that the routines and timetable of the day support opportunities for physical development?
- How does learning environment supports children to develop their physical skills?
- How are children supported to become independent with self care tasks?
- How do you support parents to understand the importance of physical development?



Useful links



[Helping under-5s live active and healthy lives — Early Movers](#)

[Physical activity guidelines for children \(under 5 years\) - NHS \(www.nhs.uk\)](#)



[Home, small steps big changes \(SSBC\), A Better Start Nottingham - SmallSteps](#)



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