



PHYSICAL DEVELOPMENT AND MOVEMENT

Our facilities for physical play in The Grove are excellent and enable the children to have free access to a wide range of resources and equipment to develop such skills. e.g. running, climbing up, over and through, balancing, the use of wheeled vehicles, ball skills and the use of a wide variety of small equipment, twirling, skipping, jumping and crawling through. It is our aim to continually look at ways to extend the physical skills of the children, both indoors and in the outdoor environment. We fully exploit every centimetre for learning potentials.

Movement skills need to be promoted, planned, observed and evaluated with the same attention as in all other areas of the curriculum. Physical development encourages and promotes

- Confidence and self esteem
- Achievement
- Balance, body control and co-ordination
- Hand/eye co-ordination and manipulative skills
- Spatial awareness
- Awareness of direction and position
- Sharing resources and turn taking
- Collaborative play
- Awareness of a 'healthy lifestyle'
- The ability to respond creatively



It is the policy of the school to allow children free access to outdoor play every day, regardless of weather conditions.(unless dangerous slippery conditions) to develop outdoor play. We have wellingtons, raincoats and umbrellas, as well as a supply of hats and gloves. Legionnaire hats are worn in the hot summers. The children enjoy the freedom of outdoor play and adhere to the belief "there is no such thing as bad weather!"

As in all areas, staff will develop interests and spontaneous play situations as they occur. We aim to provide a challenging and stimulating learning experience. Staff will be on hand to encourage, supervise the safety and use of new equipment, demonstrate and participate in activities. We do not simply 'police'. Mrs Gervais co-ordinates this aspect of the curriculum.

We also regularly participate in many gardening activities such as brushing, raking leaves, digging in the raised beds, watering plants and steering wheelbarrows.

As well as the large playground, woodland area, safety surface with climbing helicopter and the secret sensory garden, we daily use the covered area for the use of large Community Blocks, work bench and large indoor sand pit. We use the large 'music room' daily for action songs, games and musical movement activities.

We are keen to enlist the services of other professionals to introduce skills and new interests to the children. We invite 'Rugby Tots' to run a course for girls and boys during the summer term. This encourages the children to listen, follow instructions, practise ball skills, to work as a team and most importantly to have fun. This was perhaps the activity with the most positive feedback from parents and children's evaluations about their year at Nursery.

We also invite Music/ Movement teachers (see 'The Arts') and participate in a Fitness Programme in St. Patrick's Primary during the Autumn Term. Many walks take place throughout the year, through The Folly, around the Mall, around the local neighbourhood, Navan Centre Bug Trail and we annually visit the Playground in Richhill and the indoor play area at the Orchard Leisure Centre.