



Early Years Parent Physical Education Guide



Physical Education

This area of learning relates to how your child:

- Moves using large scale movements – running, jumping, climbing, hopping, crawling
- Moves using small scale movements – drawing, writing threading, cutting
- Looks after their own health and hygiene, e.g. toilet training, washing hands

Activities at Home

- Play ball games together – throwing, kicking, catching
- Visit the park or woods so your child can run, jump and climb
- Talk about how your body feels after running and jumping – hot and sweaty?
- Provide opportunities for your child to draw, paint, cut and stick
- Buy or make play dough. We can provide you with a recipe. Or, make bread and knead the dough.
- Mix cornflour and water together and play!
- Provide a pot of water and a large paint brush so your child can 'paint' the path, fence or shed
- Encourage your child to wash their hands after going to the toilet and before eating
- Encourage your child to enjoy their food and talk about healthy choices and try new foods
- Encourage independence when eating – e.g. serve their own food, pour their own drink
- Encourage your child to have a go at dressing themselves, help to do their zips/buttons etc.

