



# An Introduction to the Physical Development Cards

**Providing fun, interesting, and challenging opportunities to support a child's all-round physical development is key to a happy and healthy child.**

The key to success is offering carefully planned opportunities which take into account the skills and knowledge needed to access them, the child's level of development and their interests. The sequence of skills needed to access a resource, activity or opportunity needs to be given lots of time and consideration. Many activities such as cooking, gardening, den making, weaving, throwing and catching etc require an enormous amount of skill.

Breaking down required skills into a sequence of beginning, developing and extending skill, supports adult's thinking to help them provide the right experiences, resources and adult support / independence for a child.

Skill sequence enables those working with young children to clearly see where a child is now and where they need to go next. It ensures that the correct experiences are provided at the right level for the child, thus enabling the child to consolidate their learning and move onto the next step. The four cards within the pack focus mainly on opportunities for children to develop their physical skills by engaging in activities based around:

- Cooking
- Gardening
- Weaving
- Music and Movement

Each card breaks down the skills required into three levels starting with 'Beginning', secondly 'Then Moving On' and finally 'To More Complex Skills'. There are examples in the far right column of possible activities, resources and opportunities which could be used to develop the skills on the left. On the back of each card you will find a selection of supporting materials including songs, stories, home learning ideas, possible resources and useful links.

The cards have been devised to support adults with the concept of skill progression. They are not to be considered as activity cards.

The template provided is there for adults to devise their own sequence of skills for particular activities or use of resources. It can be used for any area of the curriculum. Further possibilities for more cards in this series could be Building and Construction and Malleable Activities.

